

# **Welcome to 100/10 Academy**

# **Gaining Mastery in Public Speaking.**

- **The Goal.**
- **To Elicit Action.**

# 2. The Gains

- **Reputation and Goodwill**
- **Career Promotion**
- **Worthy Ambassadors**

- **Self confidence, Self esteem**
- **Windows of Opportunities**
- **Seen as intelligent and talented.**
- **Popularity, Admirers.**

# 3. Good news

- **Learnable**
- **Good speakers are not born.**
- **They are made.**

**4. Key to Public  
speaking  
compelling  
message.**

# 5. Component of Message Delivery:

- i. Words - 7% of Success**
- ii. Tonality - 38% of Success**
- iii. Body language - 55% of Success**



# 6. Simple structure for short talks:

- **Promise.**
- **Delivery.**
- **Recap.**

# 7. Complex structure for longer speeches

- i. Opening.
- ii. Introduction.
- iii. First point.

- iv. Transition to next point.**
- v. Second point.**
- vi. Another point.**
- vii. The last point.**
- viii. Summary.**

# 8. Preparation.

- ◎ **90% of Success.**
- ◎ **Improves ethos (credibility)**
- ◎ **Improve flow/ improves confidence**

- ① **Determine purpose of talk.**
- ② **Determine demography of audience.**
- ③ **Get 30-50 points, then condense.**
- ④ **Take minimum of 2 weeks.**

# 9. Common methods of delivery:

## PREP formula:

- ① **Point of view**
- ② **Reason**
- ③ **Example**
- ④ **Point of view**

# Windshield – Wiper method.

- ① **Stimulate interchangeably: right and left brain**
- ② **A act/ a quote**
- ③ **A fact/ a story etc.**

# **Presentation by Power Point (PPP)**

- ⦿ **The 5 by 5 rule.**
- ⦿ **Never print words on slide.**
- ⦿ **Always face the audience.**
- ⦿ **Light your face.**



# 10. Overcoming stage fright

- ① **You can overcome all fears.**
- ② **Get a compelling message.**
- ③ **Get a subject you care about.**
- ④ **Audience is on your side.**

- ① **Repeat affirmation: I can do it**
- ② **Use visualization – Internal and External.**
- ③ **Program your mind for success.**
- ④ **Imagine: Feel: Emotionalize.**

- ⦿ **Take charge/ take control.**
- ⦿ **Practice gratitude.**

# 11. Introduction:

- ⦿ **Make written introduction.**
- ⦿ **Serves to increase anticipation and credibility.**
- ⦿ **Write it yourself.**

# 12. After Introduction.

- ⦿ **Step up confidently.**
- ⦿ **Be properly dressed.**
- ⦿ **Build positive expectation.**
- ⦿ **Take charge immediately.**

# 13. Ways to start a speech.

- ① **Thank the organizers/ the audience.**
- ② **Promise: positive expectation.**
- ③ **Compliment the audience.**
- ④ **Thought provoking statement about audience.**

- ⦿ **Refer to current events.**
- ⦿ **Refer to historic events.**
- ⦿ **Refer to persons/publications.**
- ⦿ **Refer to recent conversation.**
- ⦿ **Make a shocking statement.**

- ① **Refer to a recent research.**
- ② **Give them hope.**
- ③ **Start with a humour.**
- ④ **Do show business: Entertainer.**
- ⑤ **Ask questions.**



- ⦿ **Get them talk to each other**
- ⦿ **Open with a problem**
- ⦿ **Ask a question**
- ⦿ **Start with a story**
- ⦿ **Start with a song**

- ① **Build a bridge**
- ② **Tell them about yourself**
- ③ **Use power of 3 phrases.**

# 14. Ways to conclude a speech

- ⦿ **Plan ending word for word.**
- ⦿ **Close with a summary.**
- ⦿ **Close with a story.**
- ⦿ **Close with humour.**

- ① **Close with a poem.**
- ② **Close with inspiration.**
- ③ **Leave them breathless.**

# **15. Inciting applause and standing ovation.**

# 16. Conclusion

- ① **Read Books**
- ① **Practice**
- ① **Attend Seminars**
- ① **Listen to speakers**
- ① **Practice**

Thank you.