Public Speaking Workshop
BalancED 2019

1. Rules of the Game
   a. Timer
   b. Um and Ah Counter
   c. Impromptu Speaking Game
   d. Aim to give all answers within 2 minutes
   e. Stand up while talking
   f. Come to the front of the room
   g. 2-3 responses to each

2. Thoughts on Public Speaking

3. Drafting your talk

4. Power of emotions and stories

5. Clinical content

6. Slide Design

7. Microphone, Podium, and What nots

8. Talks vs Lectures vs Panels vs Workshops

9. Eye contact

10. Sitting, Standing, Pacing

11. Gestures

12. Bad Habits and personal ticks

13. Practicing your talk

14. Impromptu Speaking Game

15. Speaking Tips
   a. Repeat and reframe the question
   b. Structure of 3
   c. Tell us what you will talk about, talk about it, remind us what you talked about
   d. Intro, story, conclusion
   e. Don’t fear pauses
   f. Beyond the first level of interpretation or discussion -- go deeper