

Who we are

Adelaide Public Speaking differentiates from other coaching groups in that everyone enjoys the experience. We have a lot of fun – there is nothing like listening to a speech and giving and receiving positive feedback.

What we do

Public speaking coaching and mentoring as well as sales and networking techniques, tools to interview and be interviewed, facilitating meetings and goal setting. We can facilitate workshops or one-on-one mentoring.

Experience

Through public speaking at Rostrum and other clubs for over 45 years. Formally the owner of a prominent Adelaide business, Peter started Adelaide Public Speaking because it was his passion to help people be persuasive.

Adelaide Public Speaking

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SPEECHES – THE BEGINNING



So you have been given the task of making a speech... What do you do? Here are some steps to follow when you start to build your speech, as well as when you are practicing your speech and finally delivering.

Planning your speech

- Brainstorm the subject – what are your first and last lines? Distinctive, humorous openings engage your audience.
- Commence with the great questions: *who, what, where, when, why, how*.
- Write your speech out in full and then edit. Think about your objective. Does the speech achieve this objective?
- Use a thesaurus, your imagination and constructive feedback from mentors and friends to revisit your message.

Practicing your speech

- Reduce your speech to a few small palm card notes and practice in front of a mirror, a pet or friend
- Think about visual and vocal skills – these can uplift even a pedestrian speech. Voice (timbre), eye contact, gestures and smiles are the key.
- Practice to make it seamless and professional. All the greatest comedians and actors have it down pat!

Delivering your speech

- Before you commence, do some deep breathing and coach yourself to appreciate you will be wonderful – at least in your mind!
- Understand your audience wants you to be successful.
- Empathy, energy and enthusiasm will sharpen your message.
- When you 'stand and deliver', wait and look for kind faces and when you speak, focus on those kind faces
- The final words you speak will probably be the most important – make them count.
- Stand, smile and be pleased with what you have delivered, even if you are not overly encouraged.