**“Be” a Confident Communicator**

From the founder of Created to Communicate – Wally Long

**“Be” Keys – Overcoming Fear of Public Speaking**

1. Be \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. Be \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. Be \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4. Be \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5. Be \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

6. Be \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

7. Be \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**“Do” Keys – Basics to take with you and utilize when you speak**

The 3 most important delivery skills each speaker needs to master.

1. **Visual Directness**: Connects you to the audience – **Eye Contact**

 - Use eye contact to make a visual transaction with the audience

 - You bond with the audience

 - You command their attention

 - Keep eye contact for 3-7 seconds or until you get a reaction

2. **Physical Energy**: Adds life to your speech – **Body Language**

 - Will help channel your **Nervous Energy**

 - Make your body speak

 - Movement

 - Gestures

 - Facial expressions

3. **Vocal Enthusiasm/Variety**: Keeps the audience interested – **Using PVP**

 - **Pitch**: Raise and lower the tone of your voice

 - **Volume**: Raise and lower the loudness of your voice

 - **Pace**: Speed up and slow down the pace of your words

**Synergy in speech**

Synergy = The interaction of elements that when combined produce a total effect that is greater than the sum of the individual elements.

Synergy in your speech means that all these are saying the same thing at the same time:

Words/message

Pitch/tone

Volume

Pace

Facial expression

Body language