

## Step 1 of the Ram Talk Series Workshop

### Warming Up Your Skills and Perfecting Speaking Techniques

- I) Prepare Form and Pump Yourself
  - i) Get in the right mindset for public speaking
    - a) As important and motivating yourself to go to the gym and knowing the right form
- II) Pump Yourself Up: Mantras to Self-Motivate
  - i) "Communication is an exchange of shared symbolic meaning"
    - a) It is also a skill to develop and practice
  - ii) "There are only two types of speakers in the world: the nervous and the liars"
    - a) Everyone gets nervous: US #1 fear America
- III) Proper Form: Types of "Public Speaking"
  - i) Interviews
  - ii) Speeches
  - iii) Presentations
- IV) The Equipment: Preparation
  - i) Know your audience
  - ii) Construct what you'll say & thoroughly research your topic
- V) Warm-Up Stretches: Practice
  - It will
    - i) Boost your confidence
    - ii) Familiarize yourself with your topic
    - iii) Identify and work-out "tics"
    - iv) Promotes understanding v. just memorizing
- VI) Pump Up Playlist: Positivity
  - i) Breathing exercises
  - ii) Staying hydrated, full, and rested
  - iii) Positive imagery and self-talk
- VII) Form Basics
  - i) Be assertive, not aggressive or overly passive
  - ii) Proper Alignment: Effective Listening
    - a) Conscious, interactive, and purposeful v. passive listening
- VIII) Setting Up Your Weights: Speaking Style
  - i) Consider: audience, situation, topic
  - ii) Communicate ideas in a confidential, conversational, and clear manner
  - iii) Follow a cohesive narrative: have a clear beginning, middle, end
- IX) Fine Tune your Technique: Pace and Tone
  - i) Think you speak too slowly? Good, always speak slower than you think
  - ii) Pause when natural and Appropriate
  - iii) Energetic and engaged tone: if you're not interested, no one else will be either
- X) Mind-Body Connection: Non-verbal Cues
  - i) Keep an open, pleasant, expression
  - ii) Shows engagement, energy, and authority through eye-contact
  - iii) Be aware of your posture: keep your spine straight, shoulders back, chest out
- XI) When You Miss the Gym
  - i) When you experience a major public speaking failure...
    - a) Be easy on yourself: it happens to the best of us
    - b) Get back on track and use it as a learning opportunity