

# A Public Speaker's Guide to Public Speaking

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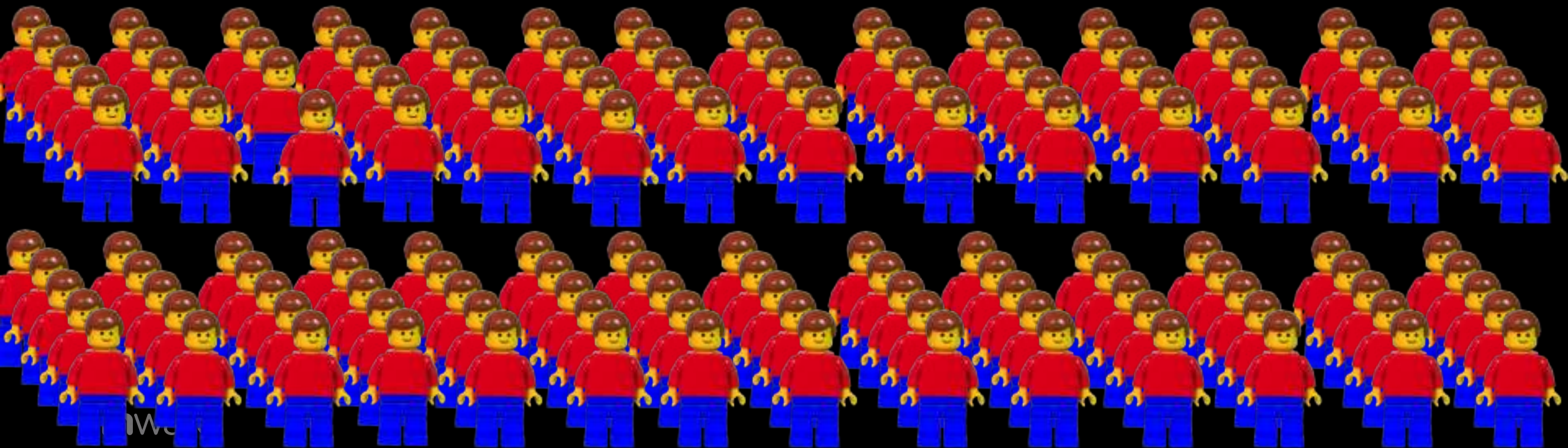
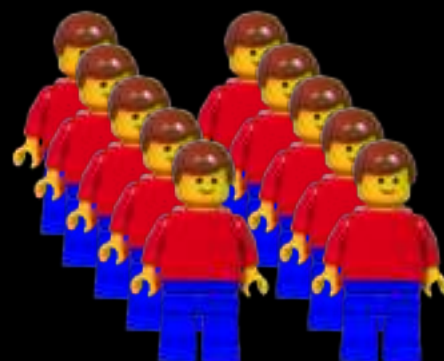
 **@hcmccain**

Public speaking is storytelling.

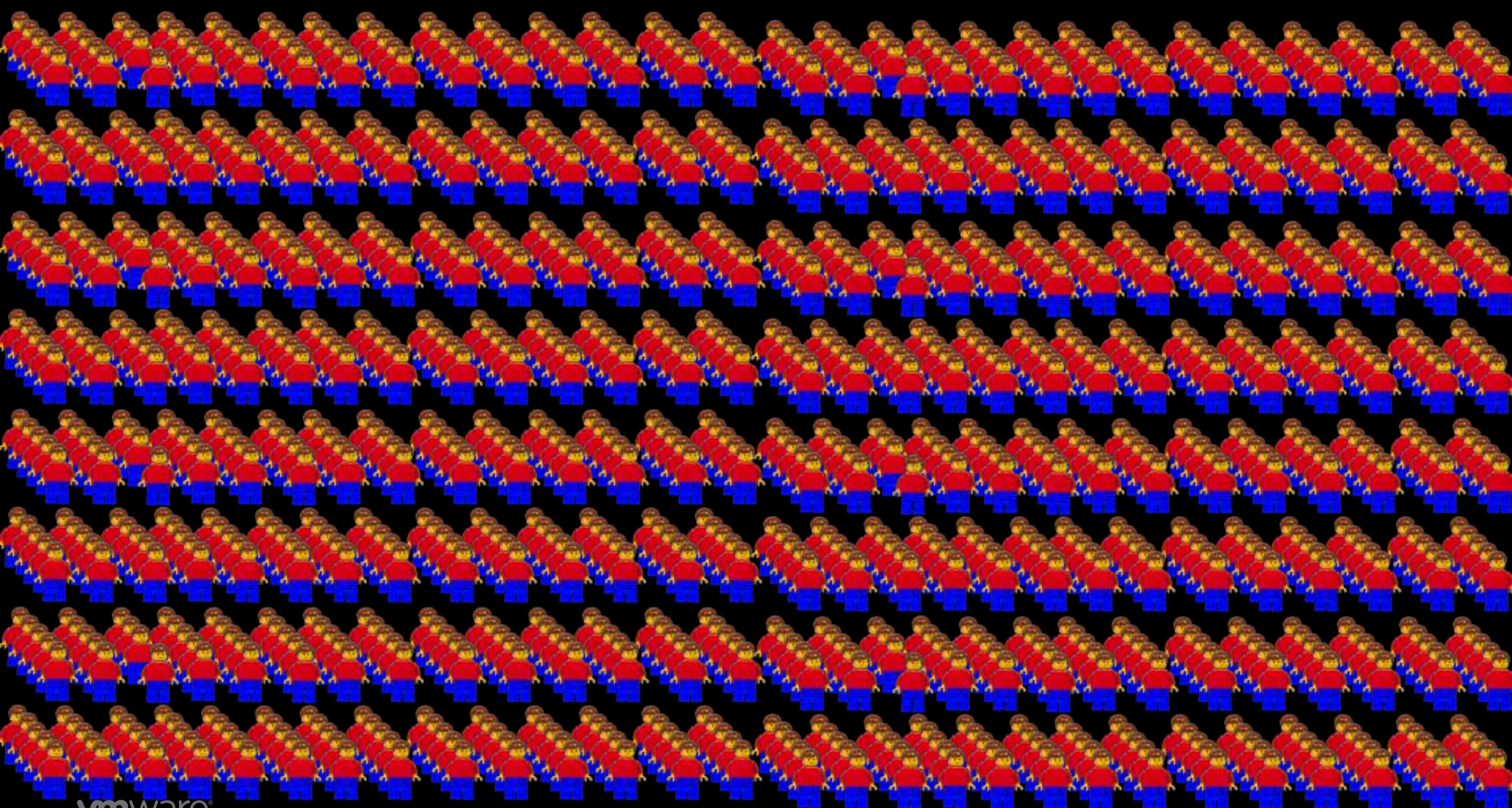
If you want to get over public speaking anxiety.....

.... picture everybody naked.

Thank you. Any questions.







# 5 Keys to Successful Public Speaking

1. It all starts at the top(ic)
2. Be the story that you tell
3. Know and engage the audience
4. Be prepared, but know how to dance
5. Relax. Chill the Effout.

# It All Starts at the Top(ic)

- Pick a topic that YOU know, not one that you think everyone wants to know.
- Tell a story that is interesting and unique.
- You don't have to be the expert. Use your platform to educate.

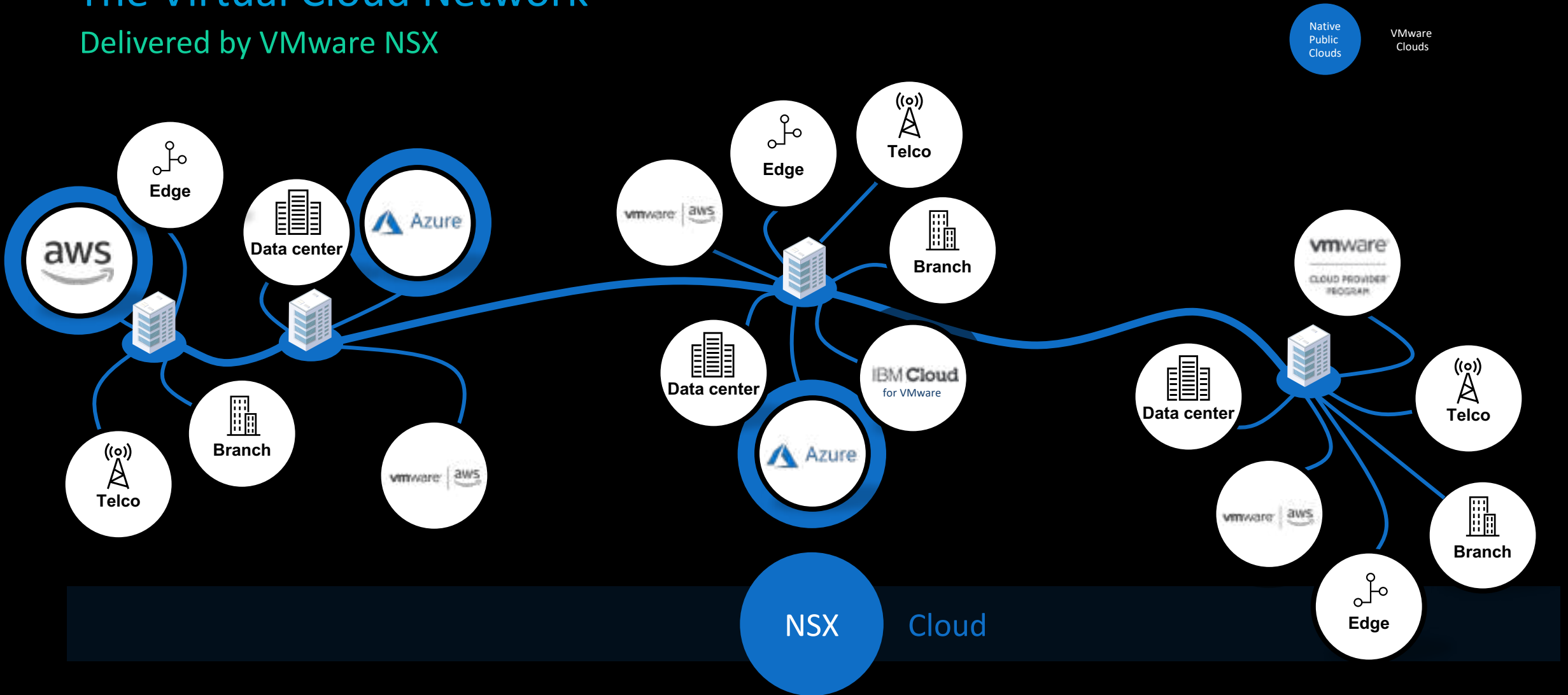


# Be The Story That You Tell

- Use images and quotes, don't create slides full of words that tell your story.
- Use your voice and body language to bring excitement and energy to the story.
- Be fun, funny, and passionate

# The Virtual Cloud Network

## Delivered by VMware NSX



End-to-end consistency from data center to branch to cloud

# What is the Virtual Cloud Network?

The network of the future is software-defined. A Virtual Cloud Network, built on VMware NSX technology, is a ubiquitous software layer from data center to cloud to edge infrastructure. It provides a secure, consistent foundation that drives your business forward. With a Virtual Cloud Network, VMware provides pervasive, end-to-end connectivity for apps and data, wherever they are — data center, cloud and the edge — without data silos. VMware embeds security into the infrastructure, compartmentalizing the network through micro-segmentation, encrypting in-flight data, and automatically detecting and responding to security threats. Apps have traditionally been held hostage by infrastructure. VMware moves the intelligence that traditionally resided in hardware into software — so you can secure, automate, and draw insights from apps and data.

# Know the Audience

- Who is listening to you?
- What will they do with the information you present?
- Your speech is about your knowledge/story, but it is for them.

# Engage the Audience

- How is your story relevant to the audience?
- Move around. Command attention with dynamic elements.
- Poll the audience to prove the relevance of your story.



# Do you want to improve your public speaking skills?



# How do you feel about public speaking?



No Thanks



I'll stand up right now.

# Be Prepared

- Not just for your speech, for everything else.
- Rehearse. Rehearse with distractions so you can be willing and able to dance around them.

# Be Prepared

1. Have 2 copies; light background and dark background.
2. Run through videos and animations.
3. Be (somewhat) confident in your timing.
4. Double check your presentation.

## Relax. Chill the Effout.

- Being anxious will cause you to talk faster than the audience wants and faster than your brain wants.
- Talking too fast results in overuse of spacing words; um, right, so, like, you know, and others.



# Repetition is Key

- Public speaking gets easier and easier the more you do it. Start small.
- In time you will enjoy the challenge of new topics and new audiences.

# Perfection is impossible.

- Don't expect the speech to be flawless, every speech will have its own nuances in the ebbs and flows of the delivery.
- Your speech and accompanying slide deck will evolve over time.

**What is your favorite thing about public speaking?**

**What is your least favorite thing about public speaking?**

Public speaking is not regurgitation of facts.

Public speaking is storytelling.

Public speaking is educating.

Public speaking is entertaining.

The End.

Thanks.