

Public speaking



Easy Read

What is public speaking

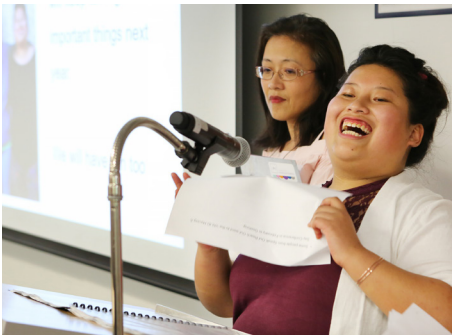


Public speaking is talking in front of a group of people.

The group can be small or large.

To be good at public speaking you need to

- Prepare
- Practice
- Perform



Prepare

Think about things like how much time you have to speak and what you want to speak about.

Write your speech.

You can ask someone to help you make notes.



Tell people what you are going to talk about.

Have 3 main points to talk about.

Finish by repeating your main point.





Practice

Practice on your own or with someone you trust.

Ask people for feedback and listen to their ideas.

- Record yourself on your phone
- Practice in front of a mirror



Perform

You can start today.

You can start small at home or with friends.



You can use your public speaking skills to

- Go for a job interview
- Make a complaint
- Speak up for yourself



Tips from Alanna

1. Speak loud and clear
2. Do not talk too fast
3. Speak from the heart
4. Know your audience
5. Make it accessible



Contact Council for Intellectual Disability for more information or ideas.

Call **1800 424 065** or email **info@nswcid.org.au**