



Speech Communication skills

With DR: Hagar Ezzat Fouad

What is public speaking ?



+ AGENDA OF CH:1
DEVELOPING SELF-CONFIDENCE
(HOW TO CONTROL PRESENTATION ANXIETY)

Controlling negative thoughts

Breathing correctly

Being a supportive listener



ME

**MY
PRESENTATION**



+
•

ACTIVITY 1



**Talk
yourself out of
negative thought**

FOUR PS TECHNIQUE



PLAN



PREPARE



PRACTICE



PRESENT

PLANNING

WHO ARE YOUR
AUDIENCE?



WHY ARE THEY THERE?



WHAT IS YOUR GOAL?



HOW LONG WILL IT BE?



WHERE WILL IT TAKE
PLACE?



Structure

Prompt

Visual Aids

Voice

Appearance

Style

Questions

PREPARE

**TO BE FOLLOWED:
BREATHING CORRECTLY**

