Topic 4 Worksheet 4

Use the table below to make notes of speakers you encounter, what techniques you notice, and how you could try this yourself. (Add extra rows as needed)

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| **Techniques noticed** | **What I can do** |
| Eye contact with audience | I can look for people I know and make eye contact with them, which may give me confidence to do the same with people I don’t know |
| Moving around on the stage as they talk | I can change the direction I’m standing from time to time, to make sure I address different sides of the room |
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Do some research around you and start listing some ideas, as well as how this can help you. By building a list, you may start to find this motivating in itself.

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| **Source** | **Rationale** |
| TEDtalks | Watch trained speakers and identify key skills they all have, plus learn some new thoughts, ideas, information, and practise listening skills |
| Toastmasters http://www.toastmasters.org.au/ | not for profit training organisation that focuses on communication and leadership development |
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