



Do These Five Things to Become a Better Public Speaker!

15

seconds

Make an Instant Speech — It's Easy!

The Instant Speech is a format that helps you sound credible, informed, and smart. It lets you answer questions, argue a point, or explain even the most complicated ideas with ease. It's not magic — it's the Instant Speech!

[LEARN MORE](#)

5

seconds

Be Your Super Self: Call On Your Public Speaking Avatar

When you need a little extra juice to get a public speaking job done, summon your Public Speaking Avatar. Your Avatar is "the best of" you, and can help you instantly tap into more confidence, power, pizzazz — whatever qualities you want.

[LEARN MORE](#)

5

seconds

Put Pauses in Your Public Speaking

Whether you want to sound important, thoughtful, dramatic, or just real, pauses are one of your most important and versatile public speaking tools. Pausing helps your audience hear and remember your every point, and helps you be a more relaxed and effective speaker.

[LEARN MORE](#)

5

seconds

Breathe Out to Settle Yourself

You've probably been told to take a deep breath when you're nervous; but it's hard to breathe in when you're feeling uptight. Instead, breathe out before you breathe in. You'll feel calmer, stronger, and better prepared.

[LEARN MORE](#)

30

seconds

Make Public Speaking Practice a Game

Talking to people is part of your daily life. You can use those conversations to turn public speaking practice into a fun, simple, and effective skills-building game — and the people you're talking to will never know!

[LEARN MORE](#)

These tips will help you turn a minute of free time into public speaking gold. And when you have just a few minutes more, be sure to check out my books: *100 Top Public Speaking Tips*, *Interview Like Yourself... No, Really!*, and *Speak Like Yourself... No, Really!*

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with JEZRA KAYE

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