

VIRTUAL SPEECH COACH

Elevating Experts' Presentation Skills

How to Be a More Confident Speaker in 5 Minutes or Less!

The 5-minute Speaker Warm-Up

Stage 1: Tension-reduction (1.5 minutes)

- Tactical breathing, 4 sets
- Tall stretch
- Neck Stretch
- Facial warm-up

Stage 2: Vocal Exercises (1.5 minutes)

- Sing (Do-Re-Mi song)
- Vocal slide
- Tongue twisters:
 - Red leather, yellow leather
 - She sells seashells by the seashore
 - Unique New York

Stage 3: Mental preparation (1-2 minutes)

- Power Pose
- Say affirmations
- Say, "I am excited!"
- Visualize speaking with energy
- Visualize your engaged audience
- Say your first few sentences with power

Extra time?

- Listen to up-beat, motivational music
- Jump up and down
- _____
- _____

The 10-second confidence boost before you speak:

Ready-Set-Go!

Ready (physical preparation)

- ✓ Breathe: take a deep, calming breath
- ✓ Lengthen: Stand TALL, open posture

Set (mental preparation)

- ✓ Rehearse: Mentally rehearse your opening words

Go (audience Interaction before speaking)

- ✓ Look: Make eye contact before speaking
- ✓ Smile: authentic, "Duchenne smile"