Public Speaking for Introverts

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Goals

- Project a confident image while speaking in public
- Organize the content for greater impact
- Understand how the audiences evaluate the speaker’s confidence and credibility
Agenda

- What does the word ‘Introvert’ mean?
- I am an Introvert
- The Many Traits of Introverted People
- Techniques for Introverted Speakers
- Content
- Audiences
- Resources
• Introvert
• Brief Story
• Traits

Concepts
‘Introvert’

What does this word mean?
I am an Introvert
I started easy
After a lot of presentations

Presenting at the Sylvia Mendez School on Native Astronomy along with UCB Astronomer Bryan Mendez. Berkeley, 2014
I moved towards presenting at work

Presenting at the IST All Staff meeting as a member of the Action Team
Berkeley Rep Theatre. December 11, 2018
And towards bigger audiences

Presenting on Native Studies at the Santa Rosa Junior College. Santa Rosa, CA, September 2018
And sometimes really big audiences

Addressing Bay Area communities at the Climate Justice event. Oakland, CA. November 2015
And sometimes really big audiences

Addressing Bay Area communities at the Climate Justice event. Oakland, CA. November 2015
I am an introvert and I have learned how to speak in public. I can tell you how you can do it too!

Presenting at the Santa Rosa Library Native Studies. Santa Rosa, CA, September 2019
Do you consider yourself an introvert?
The Many Traits of Introverted People
The Many Traits of Introverted People

• When interacting with others

• When working with ourselves

• When communicating
The Many Traits of Introverted People

- When interacting with others
  - Kind and generous
  - Respect for others
  - Very loyal
  - Great Observers
  - Great listeners
The Many Traits of Introverted People

• When working with ourselves
The Many Traits of Introverted People

- Have the potential to fully know ourselves
- Intrinsically motivated
- Potential to be highly sophisticated
- Out of the box thinkers
- Inquisitive mind
- Introspective and curious

• When working with ourselves
The Many Traits of Introverted People

• When communicating
The Many Traits of Introverted People

- Open and active imagination through reflective thought
- Prefer writing over talking
- Can reflect before speaking

• When communicating
POLLS LANE
Stressed or Afraid of Public Speaking?

- Do your homework
- Use stress to your advantage
- Change your mindset
Starting your new path as Public Speaker

• Start easy, be nice to yourself

• Choose an easy topic but a topic you care about or a topic you love

• Celebrate and acknowledge yourself every time you deliver a team update
Starting your new path as Public Speaker

• Practice, practice, practice

• You already are a public speaker. Own it!

• Appreciate your introversion, you are truly unique
• Introvert
• Brief Story
• Traits

Concepts

Techniques and Strategies
• Content
• Audiences

Learn
Practice

Resources
Techniques and Strategies for Introverted Speakers

• The Box
• Posture
• Filler Words
The ‘Box’
Out of the ‘Box’
Posture
Um, ah, like, okay, so, kind of, I mean ...
Video Techniques

• Best light possible

• Background

• Your appearance

• Some water to drink if needed

• ‘Yes, I can do this!’ cheat sheet type
Organizing the Content for Greater Impact

• Worksheet

• Speech Outline
Worksheet

• Topic:
• Audience:
• Demographics:
• Title of speech:
• Time:
• Words:
• Purpose:
Worksheet

- Topic: 
- Audience: 
- Demographics: 
- Title of speech: 
- Time: 
- Words: 
- Purpose: 

Establish the intent of your speech and its overall message.
Worksheet

• Topic:
  
• Audience:
  
• Demographics:
  
• Title of speech:
  
• Time:
  
• Words:
  
• Purpose:

Have you ever wanted to read minds?
Worksheet

- Topic:
- Audience:
- Demographics:
- Title of speech:
- Time:
- Words:
- Purpose:

Focus on audience demographics
## Worksheet

<table>
<thead>
<tr>
<th>Topic:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Audience:</td>
</tr>
<tr>
<td>Demographics:</td>
</tr>
<tr>
<td>Title of speech:</td>
</tr>
<tr>
<td>Time:</td>
</tr>
<tr>
<td>Words:</td>
</tr>
<tr>
<td>Purpose:</td>
</tr>
</tbody>
</table>

Finding a good speech title is hard. It requires the same creative effort as any other element of your speech.
Worksheet

- Topic:
- Audience:
- Demographics:
- Title of speech:
- Time: 5 mins
- Words: 650
- Purpose:
Worksheet

- Topic:
- Audience:
- Demographics:
- Title of speech:
- Time:
- Words:
- Purpose

- Demonstrative
- Informative
- Persuasive
- Entertaining
Worksheet

- Topic:
- Audience:
- Demographics:
- Title of speech:
- Time:
- Words:
- Purpose:
Speech Outline

• Step 1 - Intro of speech

Here are five ways to open:

1. Present a startling fact

2. Show an interesting picture

3. Tell a funny or serious story

4. Do or say something unexpected, or in an unexpected way

5. Quote someone famous
Speech Outline

• Step 1 - Intro of speech

• Step 2 - Body of speech
  • A. Main idea
    • B. Supporting idea #1
    • C. Supporting idea #2
    • D. Supporting idea #3

• Step 3 - Conclusion of speech (reference opening and closing ideas)

Some tips:
  • Rule of three
  • Imagery
  • Pronouns
  • Poetry
  • Jokes
  • Key Words
Speech Outline

• Step 1 - Intro of speech

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  • A. Main idea
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    • D. Supporting idea #3

• Step 3 - Conclusion of speech

Recapture the essence of your speech: your main points and the purpose of why you spoke
Real Life Example

• **Step 1 - Intro of speech**

• **Step 2 - Body of speech**
  • A. Main idea
    • B. Supporting idea #1
    • C. Supporting idea #2
    • D. Supporting idea #3

• **Step 3 - Conclusion of speech**
Audiences
Observing the Audience

• Have an honest interest in them
• Look at their faces. Make eye contact
• Look at their body language
• Feel the audience
How the Audiences Perceive You

- Are you treating the audience respectfully?
- Are you aware of your posture?
- Are you aware of your facial expressions?
- Are you conveying the passion, emotions needed or relevant to the topic you are presenting?
Keep in Mind

• Audiences always want you to do good

• Audiences always cheer for you

• Audiences feel when they are being treated with respect and when they are not
• Introvert
• Brief Story
• Traits

Concepts

• Content
• Audiences

Techniques and Strategies

• Review
• Learn
• Practice

Resources
Meditation/Focused breathings

Dream Work

Healing Remedies

Non-Violent Communication (NVC)

Restorative Justice (RJ)

Resources from the Heart
Other Resources

- Ted Talks
- Observe other speakers
- Public Speaking bootcamp
- Materials for this workshop
More

• Practice, practice, practice ....

• In front of a mirror

• Invite friends to see your rehearsals and ask for their feedback

• Record your rehearsals, review the recordings
Materials for this workshop

Document includes information on

- Posture
- Dealing with Stress
- Speech Outline
- Other topics
Public Speaking
Public Speaking

Is a beautiful art
Public Speaking

Is a beautiful science
Public Speaking

Is a very powerful skill that can help you advance your career
In Closing
Thank you very much!
Questions?