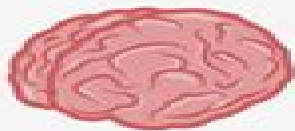


# HOW TO BECOME AN EXCELLENT PUBLIC SPEAKER



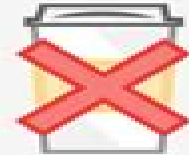
## Practice transitioning from a transcript to your memory.

Don't think of a speech as the reading of an essay in front of an audience, but rather as a practiced performance.



## Use notes sparingly.

Don't bring your full speech to the podium, but bring four or five bullet points that outline the main points of your speech.



## Release nervous energy with controlled breathing and lay off the coffee.

Slow down your breathing in the minute before giving a speech. Avoid caffeine in the hour before speaking.



## Take your time.

If you're given a time limit, refine your speech until it fits comfortably into that time allotment. Speak at a pleasant pace, and if you misspeak or lose your train of thought, pause for a moment to collect yourself.



## Play to your strengths.

If you're funny, make jokes; if you're not, don't force them. Be authentic and talk about what you know. Tell personal stories that connect you with your audience.



## Don't apologize at the start of your speech.

Never reveal to the audience your possible insecurities about speaking to them. Instead of charming them, it makes them stop listening or feel uncomfortable.



## Know your audience.

Constantly remind yourself that a speech is for the benefit of your audience. Determine what messages you need to communicate, as well as the best way to deliver them to the people who will be listening to you.

# Successful Public Speaking

**Hongru Du**



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helmut newton also loved taking photographs with a polaroid from the 1970s onwards he used these devices extensively particularly during his fashion shoots as he once said in an interview he was motivated by the impatient desire to immediately know how the scene looked as a

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polaroids occupy a special place in the hearts of many photo enthusiasts who remember a time when instant photography meant one of a kind prints that devel

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as a photographer who straddled the gap between art and commerce helmut newton always managed to surprise and polarize his audience among the editorial staff of many magazines he encountered creative kindred spirits who responded to his unusual visual ideas

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over 300 works based on the original polaroids were shown at 2011 exhibition helmut newton polaroids at the museum für fotografie in berlin 13 death edit

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throughout his career helmut newton used polaroids as both a crucial tool for testing light and composition and a means of revisiting his shoots these objects allow the viewer a rare chance to look behind the scenes of some of his greatest pictures from milan to paris and saint tropez

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mit helmut newton polaroids präsentiert die helmut newton stiftung erstmalig den werkaspekt der sofortbild fotografie im schaffen des fotografen und widmet ihm anhand von über 300 fotografien vergrößerungen der original polaroids ergänzt durch vitrinen mit den kleinformaten eine eigene ausstellung

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helmut newton also loved taking photographs with a polaroid from the 1970s onwards he used these devices extensively particularly during his fashion shoots so this exhibition does not just feature the polaroids of helmut newton but also works by numerous colleagues such as robert mapplethorpe mary ellen mark david hockney ulay

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