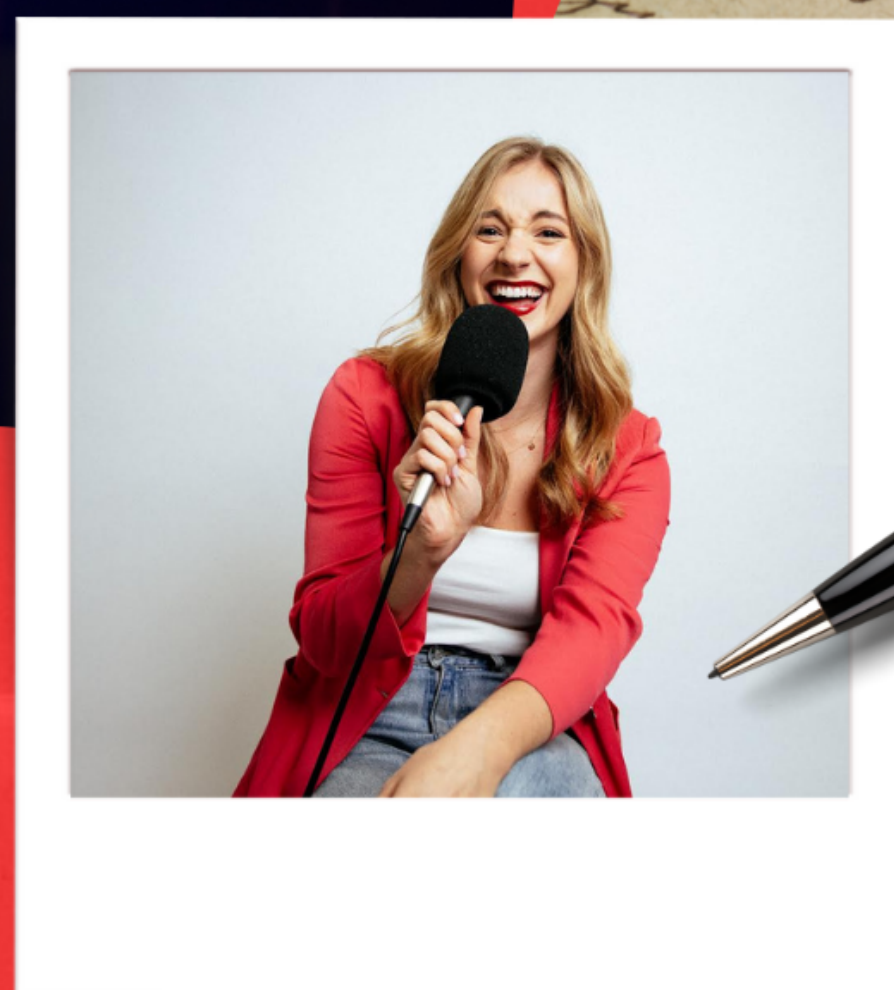


TIPS ON

Public Speaking

ADVICE FROM THE INDUSTRY'S
TOP PUBLIC SPEAKING COACHES

Learn how to conquer your fears and craft a great
speech to become a more confident public speaker





Public speaking is one of the most valuable skills that anyone can develop. It is a way to get your ideas out into the world, to inspire others, and get your message across.



Claudine Arthurs
CEO of the Claudine Arthurs Agency
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There are so many more opportunities to get your message out there, and so it's never been more important to master the art of public speaking. It can help you establish credibility, build trust, make connections and earn more money.

Working with a public speaking coach can be an invaluable tool for anyone who wants to become more confident in their public speaking skills. Coaches work with you on everything from calming your nerves and getting rid of stage fright, to creating an impactful speech, or developing a presentation that will make you stand out from the crowd.

We searched the web and carefully curated this list of six public speaking coaches. We hope you find their tips in this ebook of value!

Cheers,

Claudine

DAVID FISHER

After being almost homeless several years ago, David Fisher is now an award-winning international speaker, coach and story amplifier.



He has spoken to organizations and events internationally including: Cirque Du Soleil and Voice Story. David has also coached speakers around the world for numerous events such as; TEDx Tenaya Paseo Las Vegas and the Tony Robbins event Power of Success.

Tip 1 - Tell yourself you're not scared but excited! Our physiological responses to these two feelings are very similar. Trick your brain by thinking of reasons you are excited to be speaking, not afraid of speaking. This will focus your energy and mitigate the primal response to flee.

Tip 2 - If you have a Q/A, don't wait for the end of the speech. Provide the Q/A before you present your conclusion. Then, when that dead space comes and there are no more questions, you don't have that awkward, "Well, I guess that's it, thanks for coming," moment. You now have that, "Great, let me finish up by saying..." and giving that inspirational call to action and sending your audience away on a high note, moment!

David graduated with high honors in speech communications through Wayne State, is a Certified Life, Story, and Goal Setting Coach. He also has certifications in Psychological First Aid, Inclusive Leadership, and Experiential Learning, along with leadership and communication certifications through Toastmasters International. Through Kingfisher Communications and Amplify Your Story™ he has inspired thousands worldwide to create more impactful connections through communication and storytelling.

Follow David on Instagram at: [@davidfish.ca](https://www.instagram.com/davidfish.ca)
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JOSE UCAR

Jose Ucar is a global TEDx speaker and Host, NLP coach, international business, marketing specialist and founder of Jose Ucar Coaching and Bros in Marketing. He spent the last ten years helping businesses around the world, to bring about transformational change through the power of advanced presentation and communication skills.

Here are Jose's tips to present with impact and confidence:

Tip 1 - Know your audience: Before you begin to craft your message, learn as much about your listeners as you can. This will help you to determine your choice of words, level of information, organization patterns and motivational statement.

Tip 2 - Practice does not make perfect: good communication is never perfect and nobody expects that from you. However, putting in the time to prepare will help you to deliver a better speech. You may not be able to shake your nerves entirely, but you can learn to minimize them.

Jose's motto is "learn to communicate with yourself first, then with others, and finally broadcast your message to the world," Jose has a growing community of over 40 thousand students, enrolled in his signature online World-Class Communicator course. He is also the host of the Speak To Sell Yourself And Your Business Show, a live event for business owners and people in business who want to sell more, stand out and grow through the power of their voice!

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ANNELISE MCCARTHY



Annelise is a women's speaking coach who empowers women to master the skills of communication and public speaking. Also known for her daily Instagram boogies, Annelise's mission is to make public speaking fun, empowering and sexy for women globally.

Tip 1 - Boogie: A few minutes before you present, stand up, put on your favorite song and MOVE. Dancing releases dopamine, endorphins and serotonin helping to boost your mood, calm nerves and generate authentic energy for your presentation!

Tip 2 - Glass of Water: I want you to start seeing this as your 'get out of jail free' card when presenting. Not only is it important to hydrate your vocal cords when speaking, but sipping water is also a highly effective way to recover from a mental blank. If you lose your train of thought, rather than stumbling to find your words, simply take a sip of water and take the time to pause, think and restart!

Annelise is the owner and founder of 'Her Speaking Coach', a company that empowers women all around the world to step into their power, show up with confidence and own their voice. She represented Australia in the World Championships of Public Speaking in Pittsburgh USA, received a Diploma of Communication & Public Speaking (ASCA), completed a Double Bachelor of Laws and Bachelor of Mandarin and has received over 2.5 million views on her entertaining and educational videos on TikTok & Instagram.

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ELLIOT KAY

Elliot's methodology consists of teaching clients how to use effective structures by using "language that lands" to make an impactful delivery.



For the past decade, Elliot has worked with business owners, entrepreneurs, MD's and investors to help them gain confidence and stand out when they pitch to win business through public speaking.

Tip 1 - Structure creates freedom: Regardless of what is going on in your business, it comes down to 3 key areas: structure, impact and language. World class speakers have a proven structure that leads the audience to feel elevated, empowered and to take action, find your structure for mass impact.

Tip 2 - Become a masterful storyteller - If you want to stand and "be more giraffe" (one of Elliot's key messages) become an amazing story teller which moves your audience emotionally but also into action. The audience will remember far more how you made them feel, than what you told them, and stories are the best way to do that.

Elliot has spoken globally at conferences, events and to management. In addition to speaking, he has worked with leading companies, corporations and entrepreneurs on their customer service delivery. Elliot has also advised clients on how to successfully pitch and get placement on top-rated television programs such as "Dragons Den" and "Master Chef: The Professionals".

Follow Elliot on instagram at: @elliotkayspeaks or @speakerexpress

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MERIDITH GRUNDEI



Meridith Grundei is an award-winning theater director, producer, and former Second City improv teacher who recognized the similarities between performing for audiences on stage every night and presenting to clients/colleagues every day. She determined that the latter didn't have the right tools to bring their stories to life, and so she decided to do something about it.

11 Years and some change later, Grundei Coaching has helped thousands of individuals and corporations craft engaging presentations and authentic stories to achieve career growth and success.

Tip 1 - If you want to be a more confident speaker, then you need to find ways to use your voice and get comfortably uncomfortable on a regular basis. Here are a few ways where you can do this: start a podcast, post videos to social media, hop into my improv class, speak on an audio app! You've got this!

Tip 2 - When you are preparing for your next presentation, put yourself in the shoes of your audience and ask yourself, "Would I want to sit through this presentation?"

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SONIA MASLOVSKAYA

Sonia is a highly effective public speaking coach, who believes that the art of communication can elevate all areas of our lives.



She has successfully helped many clients overcome their fear of public speaking and become not only confident, but also memorable. Sonia is especially passionate about helping women find their voice and deliver an unforgettable message with excellence and elegance.

Tip 1 - To overcome the fear of public speaking, you need to shift your focus from yourself to your audience. Don't ask yourself: "What if the audience doesn't like me or the sound of my voice?", "What if I forget what to say?". Instead, ask yourself: "What can I GIVE to my audience?", "What can they get from me that they cannot get from anyone else?" and "How can I deliver my message in the most powerful way?" When you shift the focus away from yourself, there's simply no room to worry about your ego. Not only does it calm your nerves, but it also makes you a phenomenal speaker.

Tip 2 - Your talk is always a dialogue, never a monologue - whether it's an audience of 3 or 3,000. Find ways to engage them - ask the audience to do something, use pre-event surveys and polls during your talk, ask them questions throughout. Really listen, read the reactions, and adjust accordingly just like you would in a conversation.

Sonia's unique approach to coaching public speaking incorporates not only the intellectual and physical aspects of the craft, but also the emotional and spiritual. She offers both one-on-one and group coaching.

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