

Ways to improve speech confidence

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Abstract: This study was intended to examine different methods to promote self-assurance during the oration and find out which of them are more useful. The study also explores the role of various factors such as body language, tone of voice, eye contact, and presentation skills in enhancing speech confidence. The article includes various scientific studies by scientists that aims to help readers improve their confidence and other necessary skills for successful speech.

Keywords: confidence, self-confidence, self-assurance, develop, upgrade, speech, discourse, skills, techniques, methods, deliver, communicative, public, structure, investigation

INTRODUCTION

It is undeniable that discourse confidence is considered to be a vital skill that can help people succeed in their personal and professional lives. It refers to the level of self-assurance, especially when delivering a speech or presentation. It is also well-known that many people may challenge with this necessary skill, which can lead to some consequences, notably, such as anxiety and self-doubt. Therefore, in this case, the chances of achieving the desired result after giving a speech may drop significantly.

But fortunately, there are several techniques to upgrade speech confidence, including a variety of strategies such as practicing, preparing, focusing on breathing, seeking feedback, joining a public club or just simply visualising the success. Self-confidence during a speech can help to engage and connect with the audience and deliver the intended message effectively. In addition, a lot of factors, especially such as body language, tone of voice, eye contact and overall communicative skills may depend on it.

Based on the information provided, the aim of the study is to investigate the useful methods in order to raise speech confidence and figure out which of them has the most impact to overcome the fear of personal or public speaking.

The main research objective is to find out what are the important differences in usage of distinguishable strategies and realized which of them are more effective and easier to learn. In order to facilitate this goal, scientific investigations and experience are necessary for high-quality and comprehensive research.

RESEARCH BACKGROUND

Research Rationale

The presence of self-assurance is a fundamental prerequisite for success, as people are frequently required to venture beyond their comfort zones in various life circumstances. These may include meetings, negotiations, sales, and people management, the outcome of which are enhanced by a heightened sense of confidence. And now, several mythologies for enhancing self-confidence during the verbal communication, are going to be explored in this article.

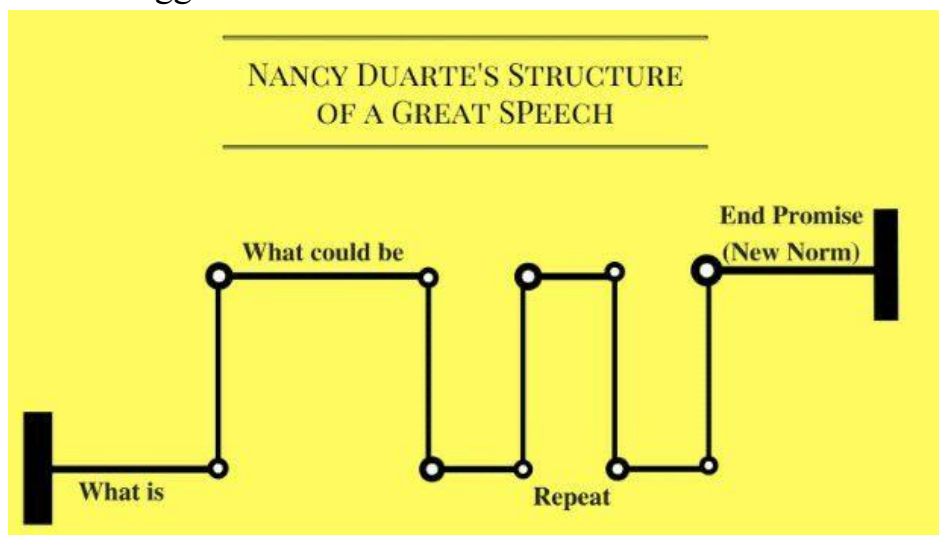
“All the great speakers were bad speakers at first.”

Ralph Waldo Emerson

First of all, to become an inspirational speaker, people should follow a universal speech theory that involves several key elements. Nancy Duarte, a CEO and professional presentation designer, researched rhetorical strategies to determine what makes some speeches more powerful than others. She found that successful speakers, such as Martin Luther King Jr. and Steve Jobs, all use the same structure consisting of a compelling opening, connection with the audience, credibility building, clear vision or idea, illustrative examples, addressing objections, call to action, and memorable closing. By utilizing this structure, speakers can create a persuasive and impactful message that resonates with their audience.

“There are three things to aim at in public speaking: first, to get into your subject, then to get your subject into yourself, and lastly, to get your subject into the heart of your audience.”

- Alexander Gregg



Picture 1. Nancy Duarte's Structure of a Great Speech

The diagram illustrates the following:

Foremost, describe the current situation, which could be a challenge, a procedure, a level of accomplishment, or something else that requires modification.

Further, explain the desired outcome. This might be your vision for a superior future. As an example, exceptional speakers depict the most favourable future that their message can offer. In essence, if all listeners implement your advice and remedies, how will their life be transformed? What will their routine be like? What transformations will they experience?

Academic researches hypothesize that the fear of public speaking may be linked to our evolutionary instinct to live in groups and avoid being ostracized or separated. They also suggest that this fear may have developed as a survival skill to protect us from predators in the past. So, when we stand alone in front of a group of people, we may feel vulnerable and fear rejection. Additionally, social anxiety can make us more sensitive to negative facial expressions, especially when we are anxious about giving a speech. This can create a cycle of focusing on negative reactions and becoming even more nervous.

Another theory states that people who experience social anxiety, especially in the context of public speaking, often have heightened sensitivity to angry faces. This was demonstrated in a 2009 study by psychologist Matthias Wieser, which measured participants' brain responses to images of angry, happy, and neutral faces. Wieser alarmed some participants by letting them know they needed to give a speech and found that those who were anxious were significantly more attuned to angry faces than those who were not.

Therefore, this phenomenon can even create a negative feedback loop during public speaking, as even if most individuals in the audience are receptive, the speaker may fixate on the one person who appears angry, leading to increased anxiety.

Moving forward, it is consequential to recognize this phenomenon and work towards mitigating its effects. By acknowledging the potential for heightened sensitivity to negative feedback, speakers can take steps to build confidence and reduce anxiety before speaking engagements. Ultimately, the goal is to create an environment where individuals feel empowered to share their ideas and perspectives without fear of judgement or criticism. With this in mind, people can work towards a future where public speaking is a positive and inclusive experience for all.

There are some other tips and practices that researchers also find effective in overcoming fear of speaking.

Do outdoor Exercise

According to researchers exploring neural plasticity, people have the ability to modify their brain function to influence their thoughts and actions, regardless of their age. Therefore, developing self-confidence is a voluntary process, as psychologists suggest. To enhance your self-confidence, people should follow the recommendations provided below and witness an improvement in their self-esteem.

For example, "The Mayo Clinic" suggests that physical activity can stimulate certain brain chemicals that may promote positive emotions and relaxation. A study also indicates that outdoor activities impact on boosting self-confidence. Exercise not only contributes to better mental health but can also enhance work performance and presentation skills, leading to increased confidence through demonstrated competence. The investigation has shown that exercise can improve memory, creativity, and reduce the level of stress.

Be prepared

"Only the prepared speaker deserves to be confident."

- Dale Carnegie

So, it should not be forgotten that to ensure a fortunate public speaking presentation, preparation is the key of success. It also requires taking the time to create a well-organized presentation with detailed notes for each slide. This will allow enough practice and ensure that all necessary materials are available. It's also important to have a thorough understanding of the topic and be well-versed in the theme. By being well-prepared, the presenter can easily increase self-confidence and deliver a successful presentation.

Command the space

Human body language plays a crucial role in delivering the message effectively, especially when it comes to public speaking. To ensure that the audience receives and interprets the message correctly, it's essential to be mindful of the physical communication. People can improve their body language by facing the audience and standing with their feet at hip distance apart. Additionally, maintaining eye contact, moving around freely, and using expressive gesticulation with the hands can all contribute to a successful presentation. Moreover, according to the research conducted by Harvard Business Professor John Antonakis, executives who use charismatic verbal tactics see a significant increase in their leadership ratings, up to 60 percent.

Use the voice

"The right word may be effective, but no word was ever as effective as a rightly timed pause."

- Mark Twain

The way the speech is received will be greatly influenced by the tone of the voice. Try to be mindful of your tone and delivery, as they can significantly impact how your message is received. Additionally, when speaking, ensure that you project your voice to reach the back of the room without being too loud for those in the front. Keep a steady pace, varying it to keep the audience engaged. Varying your pitch is also essential to prevent monotony, but avoid ending all sentences with an upward inflection. Pronounce words clearly and avoid mumbling, practicing difficult words and phrases beforehand. The presenter also should use pauses strategically to allow

your audience to absorb information and give yourself time to prepare. Lastly, avoid using filler words such as “um” and “ah,” and embrace silence when it is needed.

CONCLUSION

“The world is waiting for your words.”

- Arvee Robinson

The article has presented several different ways to increase the level of quality and confidence in human speech. Furthermore, it has furnished evidence-based facts and theories of scientists who are studying this issue.

So, in light of these findings, it is important to emphasize the significance of persistence and dedication when it comes to improving one's public speaking skills. By continuing to work hard and implement the techniques discussed in this article, individuals can ultimately achieve success in this domain. It is imperative that individuals do not give up, but rather remain committed to their personal growth and development in order to achieve their desired outcome.

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