

# 5 Tips to Perfect Your Public Speaking Skills

Public speaking doesn't need to be scary! With these five easy tips, you can perfect your public speaking skills, and make sure you deliver a solid speech the next time you go up on stage!

1

## Maintain Eye Contact



This makes audience members feel like they are having a conversation with you, and also makes them more likely to pay attention to what you are saying!



## Use your arms and hands

2

People are more likely to remember concepts if they are associated with particular actions or movements.

3

## Smile

This will make your audience a lot more comfortable and relaxed.



## Walk around

4

Walk towards your audience; people tend to participate more when they have proximity to a speaker.

5

## Encourage participation

Ask questions. This will make the speech more engaging, memorable, and fun!



# Public Speaking Skills Guide 2026 Guide

**Léo Pomar**



## **Public Speaking Skills Guide 2026 Guide:**

### **Guidelines on the Effective Delivery of Infrastructure and Associated Services for the Olympic Games**

OECD,International Olympic Committee,2023-10-19 These guidelines discuss cross cutting issues that can affect the effective procurement of infrastructure and associated services necessary to host Olympic and Paralympic Games Designed for organising committees responsible for the overall delivery of the Games the guidelines offer examples good practices and practical tools to help mitigate these risks *Catalog of Copyright Entries. Third Series* Library of Congress. Copyright Office,1979

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