



EXPRESS YOURSELF SIMPLY

If you cannot decide in a couple of sentences the point you propose to communicate, then your speech is not well defined.

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GET ORGANIZED

Plan the introduction, the main points to be presented and the conclusion.

BE BRIEF

The optimal duration of the presentations should be, at most, 12 to 15 minutes. Avoid speeches that are too long and "rollers".

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OWN THE SITUATION

In the first moments of a speech, the link between the public and the speaker is established.

DON'T READ, TALK

Spontaneous expression may not be as polished, but it's definitely better.

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BREATHE WELL

Do not inhale deeply and forcefully, do not breathe faster than normal, you can hyperventilate.