

Tricks to 5 IMPROVE PUBLIC SPEAKING SKILLS at Home

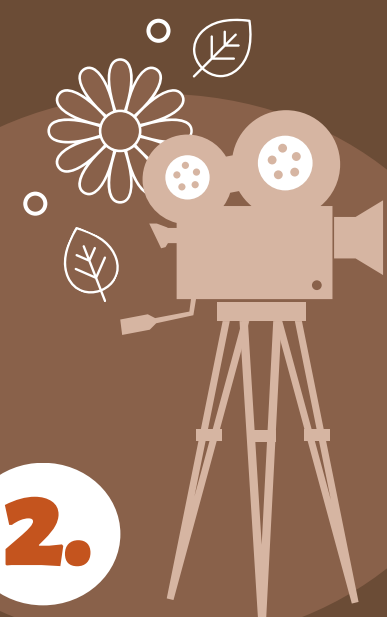
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1.

Practice In Front of the Mirror

You can watch yourself while presenting to analyse your eye contact and body language. It also helps you to get areas where you can improve the presentation



2.

Create a Video

Record yourself while presenting. It is better than practicing in front of the mirror because you can play the video over again.



3.

Check Yourself

Check yourself while presenting in the video. Keep the best part and leave or change things that seemingly don't fit.



4.

Try to Talk without Stopping

Prepare a stopwatch and try to talk about your subject without any pause.



5.

Talk with Timer

Try to set the timer for 5 minutes and do this trick then take a breath. Repeat until you get the best one.