

Protik Ray
Public Speaking &
Communication Skills Trainer

1/7

5 TIPS TO IMPROVE YOUR PUBLIC SPEAKING

Speak with Confidence.
Communicate with Impact.



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Tip 1

Start with Preparation

Good speakers don't just speak — they prepare.

- ✓ Know your topic
- ✓ Understand your audience
- ✓ Organize key points
- ✓ Practice your flow



Preparation builds confidence and clarity.

Tip 2

Work on Your Body Language

Your body speaks even before you do.

- ✓ Maintain eye contact
- ✓ Stand with confidence
- ✓ Use natural hand gestures
- ✓ Keep a relaxed posture



Good body language builds trust and attention.

Tip 3

Speak Clearly and Naturally

Simple words. Real impact.

- ✓ Use a comfortable pace
- ✓ Choose simple words
- ✓ Avoid filler words
- ✓ Vary your tone



Clear communication
creates real connection.

Tip 4

Manage Your Stage Fear

It's normal. It gets better.

- ✓ Take deep breaths
- ✓ Visualize success
- ✓ Focus on your message
- ✓ Start small and build gradually



Confidence grows
with practice, not perfection.

Tip 5

Get Feedback and Keep Improving

Great speakers are
lifelong learners.

- ✓ Ask for honest feedback
- ✓ Learn from mistakes
- ✓ Study great speakers
- ✓ Practice regularly



Progress happens
when you keep showing up.

Better Communication Creates Bigger Opportunities

*Let's build
your confidence
together!*



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Students



Professionals



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