PUBLIC SPEAKING

One of life's most important skills

People dream up the most amazing excuses for not accepting the challenge of public speaking. But sooner or later you will have to stand up and address a group, whether at a wedding, a birthday party, or at a business conference.

First impressions are lasting impressions. The first 10 seconds of making an appearance, before you even said a word, is when the most critical judgement is made by audiences, while what is communicated after that has to be highly effective and polished to be acknowledged.