



BILA Young Professionals Public Speaking Workshop: Speaking with Confidence and Integrity

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Things to Remember:

- Make eye contact
- Speak slowly and clearly
- Try not to be too dependent on your notes
- Take up space
- Know what you want to achieve
- Know what you need to cover
- Fake confidence if you do not feel it
- Listen to other participants in group sessions/meetings/conferences
- Do you need to know more? Ask questions – be curious.
- What questions might come up and how will you deal with them? Think about the curveball

Feedback/Reflection

Strongest public speaking skill:

Areas to work on:

Most helpful feedback/top tip:
