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Delivering A Speech? Maintain Eye Contact

By James Masterson

Body language is very important when delivering a speech.

Have you ever seen our great leaders fidget or make unnecessary movements while addressing the nation?

Since you are the center of attention while making the presentation, you should mind every move that you make so as not to bore or distract the people listening to your speech.

So you already have a speech prepared, you know the topic well and you are now standing in front of the audience.

They are in for a treat because you have prepared a great presentation, yet you also know that they have a very short attention span.

How would you keep them interested with what you are saying?

The answer is to maintain eye contact.

This is one public speaking technique that great speakers use when addressing a large group of people.

Here are some tips on how you can use this "trick" to keep your audience interested while delivering a speech:

Once you have already started speaking and have delivered your introduction, take a look at your audience.

Do not be nervous if you see one or two people frowning as you are not sure of exactly what they are thinking.

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Instead of looking out for unfriendly or blank faces, search for the people who are smiling and nodding their heads.

Try to focus on this person for a couple of minutes and look him or her in the eye.

This way, you would have an immediate "friend" in the audience to whom you can look at and gain confidence from.

This will not just increase your confidence but also relax you in the course of your speech.

Gaze steadily at your audience, moving from one part of the room to another. This way, you would immediately grasp their attention.

Never read your speech. Just make an outline of the important points that you can expand on.

If you have visuals, do not read the bullet points word for word as this might imply that your audience cannot read that themselves.

With this, you are instantly creating a "bond" with your audience as a speaker since you do not have to keep on looking at your notes through the course of your speech.

The key to delivering a great speech is to just breathe, relax and make eye to eye contact with your audience.

Thus, you are not just making a physical connection with them but you are also ensured that you come out as a sincere speaker who wants to inform and interact with the audience through your speech.

James Masterson is Stand out, Be Recognized and Be Remembered keynote speaker. [Click Here To read his latest advice](#)

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Mastering The Art Of Public Speaking

By Jordi Shoman

For some people, mastering the art of public speaking is a lifetime of learning. It is something that they can never get enough nerve for even though they can write eloquent speeches and have important ideas to pass on at public meetings. It requires a certain finesse to be able to speak in public and the only way to do it is to jump right in with both feet. Even though your insides are shaking standing in front of a group of strangers, once the speech is over, you can sit down feeling immensely satisfied.

Being able to give an effective speech is not just a matter of reading words off a page. There are certain techniques that each speaker must master and each speech requires different strategies. Of

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course the speech itself has to be good, but you cannot expect to receive accolades if you keep your head down and do not look at the audience. This is where practice comes into play. You do have to memorize a speech and use only cue cards to help you find your place if you should get rattled and forget what comes next. This allows you to maintain eye contact with the audience and gives each listener the feeling that you are talking to him or her.

Gestures are an important part of public speaking. Your hands are just as effective as relaying your message as your mouth, so why not use them. Using your hands to point or accentuate aspects of your speech keeps the audience attentive to what you are saying. Your voice should be clear and all the words spoken slowly – not too slowly as to drag out the speech to make it boring, but so that everyone can hear and understand you. Having a good lead is the best way to grab the audience's attention and once you get that, your job is to keep it by what you say and how you say it.

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