

Public Speaking: Woe to Wow

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Public speaking is not an easy deal. In an era when we glorify anti-social behaviour and "I don't like human interactions" comes off as a style statement, talking to fellow humans in a public setting is pretty difficult. The most interesting thing is that people whom we know as social and good with words are often the ones facing difficulty because public speaking is totally a different issue.

I would say if you are not comfortable talking in public, then don't join debate clubs or take up courses or jobs that require you to interact with a lot of people. Not everyone has to do the same thing and win at that. There's however a different theory that says you should do more of the things you are not comfortable doing so that you can face your demons bravely.

What about the times when you are actually without an option? There's probably a job interview, a viva or a class presentation and all you have to do is speak. Fear not and grab a Snickers. I'm serious. When we are really nervous, we feel dizzy

and unwell. Having a quick snack such as a chocolate bar or a fruit can help restore your energy and make you feel better. Secondly, prepare well and by preparation I mean gaining knowledge on the subject. If your viva is on biology, no amount of charm can help you know what mitosis is. So, study the subjects you are presenting on or are likely to be asked about in an interview/viva.

Then comes the golden rule of practice. That's right. practice makes you perfect or at least the world tells us so. Practice in front of the mirror or a friend

or in front of your mom who by default, loves you and thinks you are smart. If it's a group presentation, try to go for a rehearsal with your team-mates, and time yourselves. Often in a team, there is no winner. Group sync is what gets you through. Also, let your team-mates know about your discomforts. If you think you are uncomfortable presenting in the beginning, talk them into accommodating you in the middle. People are often much more cooperative than we think.

The trick with verbal communication is that there are no absolutes. Sometimes, there is no right or wrong answer. Your expression, posture and assertion play a deciding role in whether you get the job or not. It's tricky. Also, not all methods work for everyone. For example, I am not very comfortable rehearsing before a presentation.



In case I make a mistake, I lose confidence and tend to give up. I perform better right on the spot though different self-help articles on the internet suggest otherwise.

These little tips were from my pocket and they are definitely not rules of thumb. It's important that you find out which methods suit you best and then act accordingly. The people you are delivering to are humans like you. Remembering this helps. Always.

- Head:** Memorise your speech so you are not reading off palm cards - you will appear more confident and professional!
- Eyes:** Make consistent eye contact with your audience. This will help engage them, and make them feel like you really are talking to them.
- Ears:** Listen to the mood of the audience and adjust your expression accordingly.
- Back:** Stand up straight - this will make you appear professional and alert.
- Legs:** Do not cross your legs, sway or shuffle while speaking - otherwise you will appear nervous or disinterested.
- Mouth:** Speak clearly, slowly and with great expression, so your audience can understand and engage with what you are saying.
- Hands:** Use hand gestures to emphasise what you are saying.

55%

of the meaning in our words is derived from facial expressions.

38%

of the meaning in our words is derived from how the words are said.

7% of the meaning in our words is derived from the actual words spoken.

Designed by: 3103 Communications
 References: Wharton University

Red Lips Done Right

Red lipstick takes a lot of confidence to wear. It's great that so many people have started to wear it casually because red lips can feel highly empowering for some reason. But sadly, you don't always look as fabulous as you feel; going around with smudgy, cracked lips is always embarrassing.

It all depends on what kind of lips you are blessed with, thin lips look great in matte lipstick while fuller lips always require a lip-liner. Using lip balm to exfoliate is essential for preventing cracks. There are various ways to avoid looking silly in red but don't listen to the internet and "choose a shade to go with your skin tone." There are no limitations in glamour.

No Phones Near Windows

Snatchers are abundant on the Dhaka streets and smartphones are the targets of snatchers, specially while you're stuck in traffic. If you have the window seat in a bus and the window is open, avoid talking on your phone. If you must, use the ear that is not exposed towards the road, and hold on to your phone tightly. The same applies if you are in a car. Moreover, in a car, don't browse your phone near an open window, even if the phone is on your lap. Also avoid taking selfies or extending your hand out of the window for taking a snap. When you're inside a CNG, take care not to hold your phone close to your face or the sides as snatchers tend to slit the sides of the covers and snatch the phone through it.