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Speak to Connect



McKAY
CONSULTING





D
h Messervy | WCBD News 2



WCBD
Carolyn Murray | WCBD ...



WCBD
Meet The Team | WCBD News 2



South Carolina ETV
Thelisha Eaddy becomes first female ...



FOX Carolina
Meet the Team



C
e Team



WCSC
Meet the Team



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Katy Solt - Reporter, WBTV...



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Meet the Team



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Meet the Team



WIS
Meet the Team



South Carolina
South Carolina

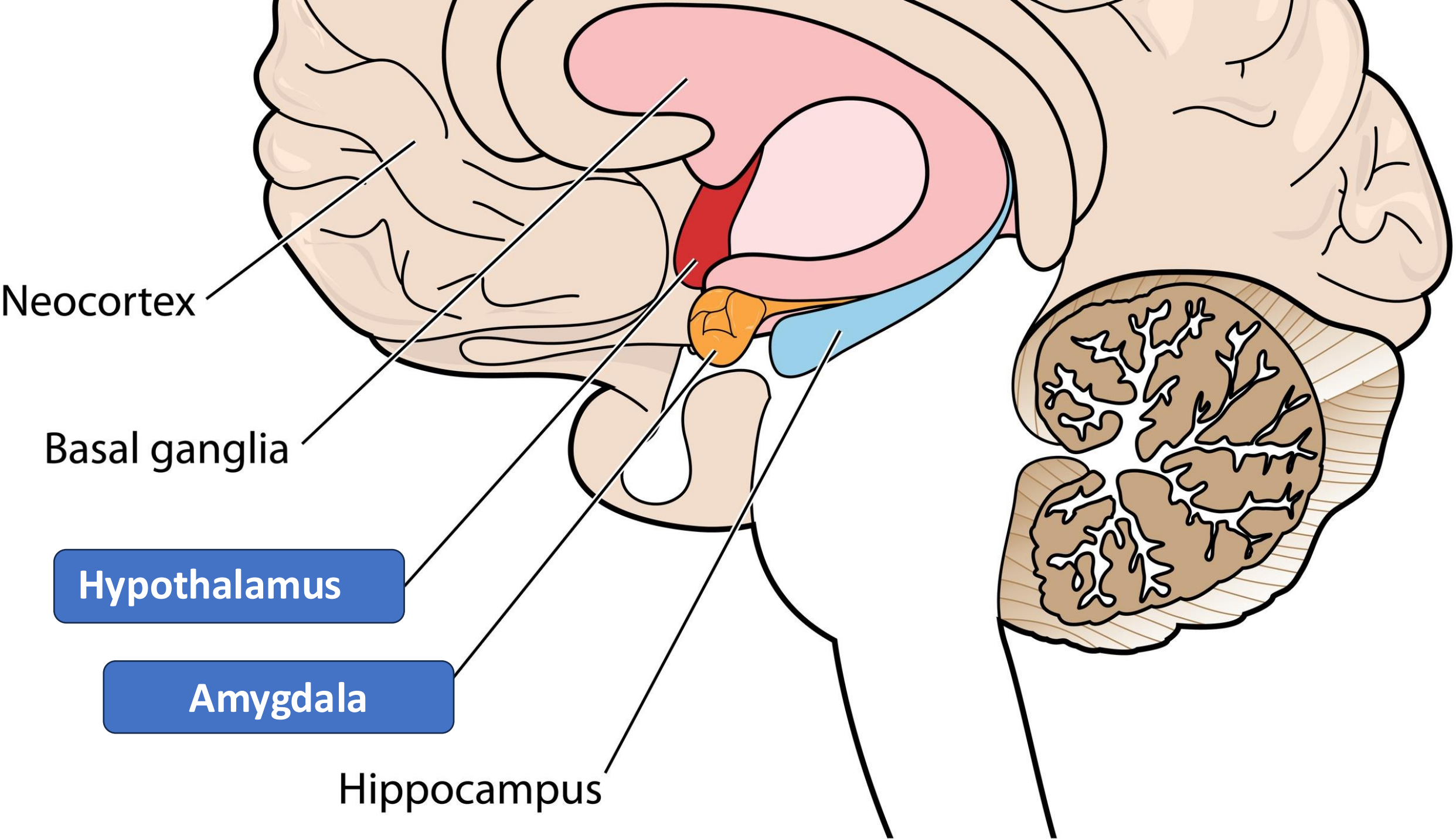












Neocortex

Basal ganglia

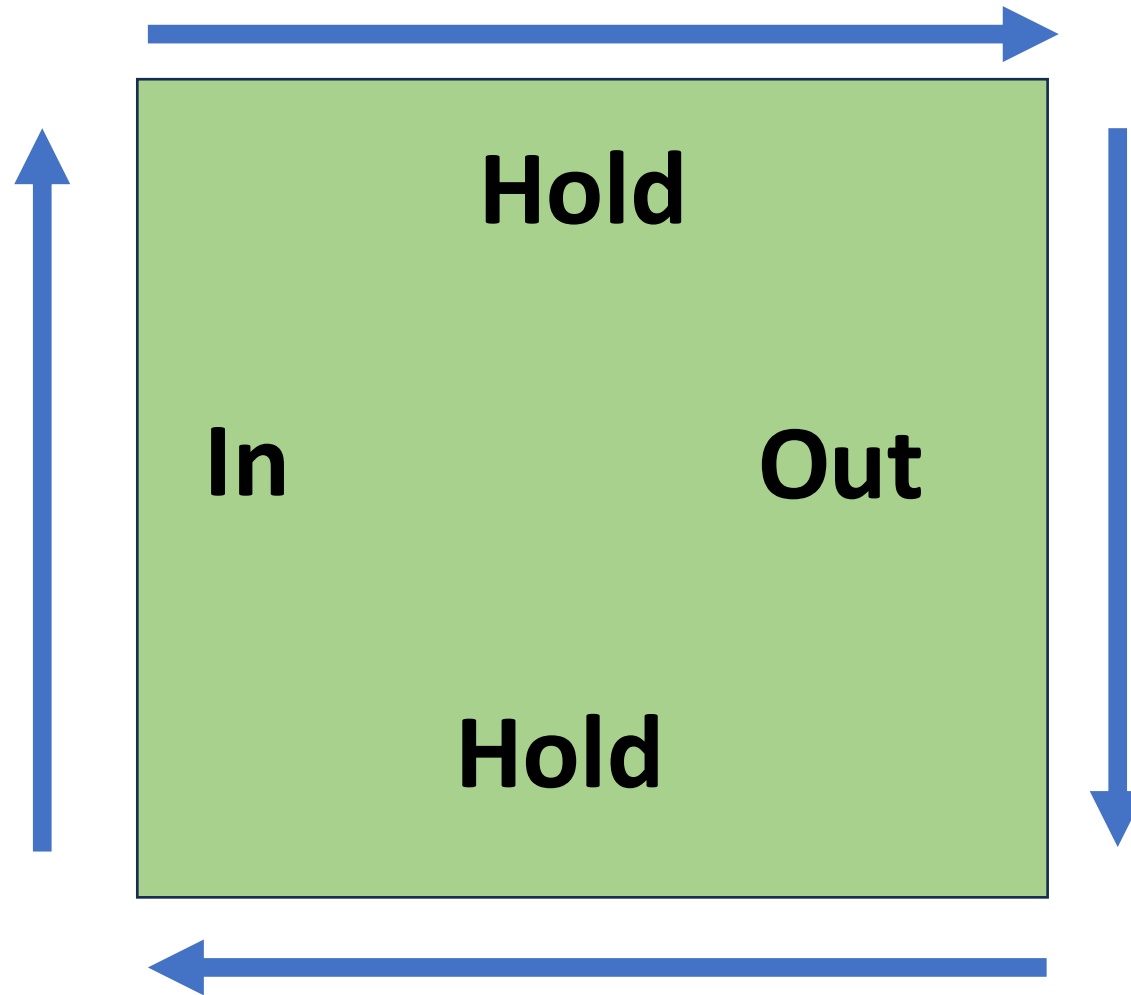
Hypothalamus

Amygdala

Hippocampus



Box Breath



Longer exhalation

In



Out





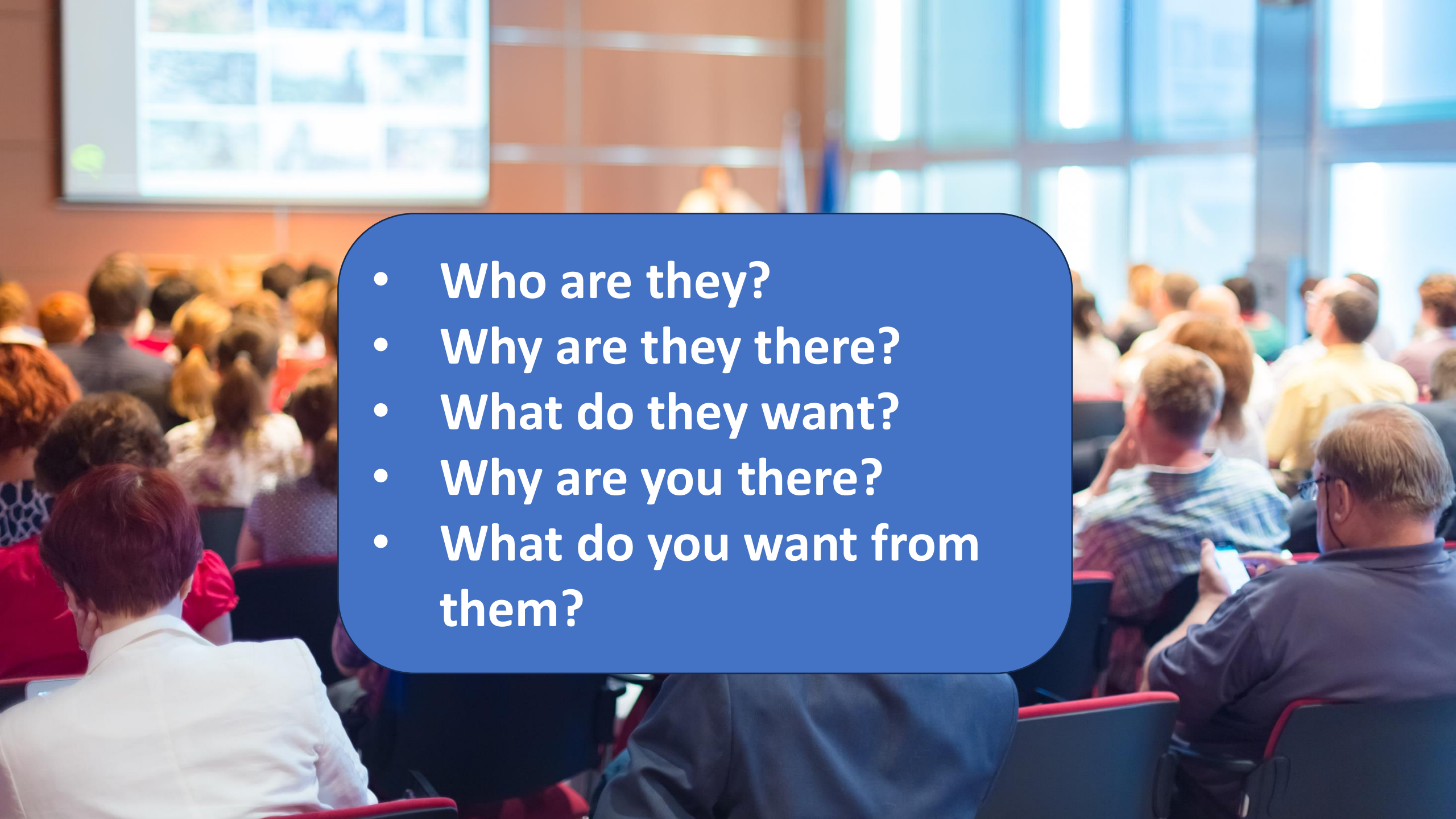
To Do		In Progress	
Develop System	Upgrade Hardware Server	Review Access Rights System	Test New Features
Implement New Software	Upgrade Network Router	Roll Out Training	Finalize Project Plan
Conduct User Training	Monitor System Performance	Address User Feedback	Prepare for Next Phase
Review Project Status	Ensure Data Security	Complete Documentation	Conduct Final Review
Prepare Report	Archive Old Data	Plan Next Steps	Communicate Results





Who

Want you to do well

- 
- **Who are they?**
 - **Why are they there?**
 - **What do they want?**
 - **Why are you there?**
 - **What do you want from them?**



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What



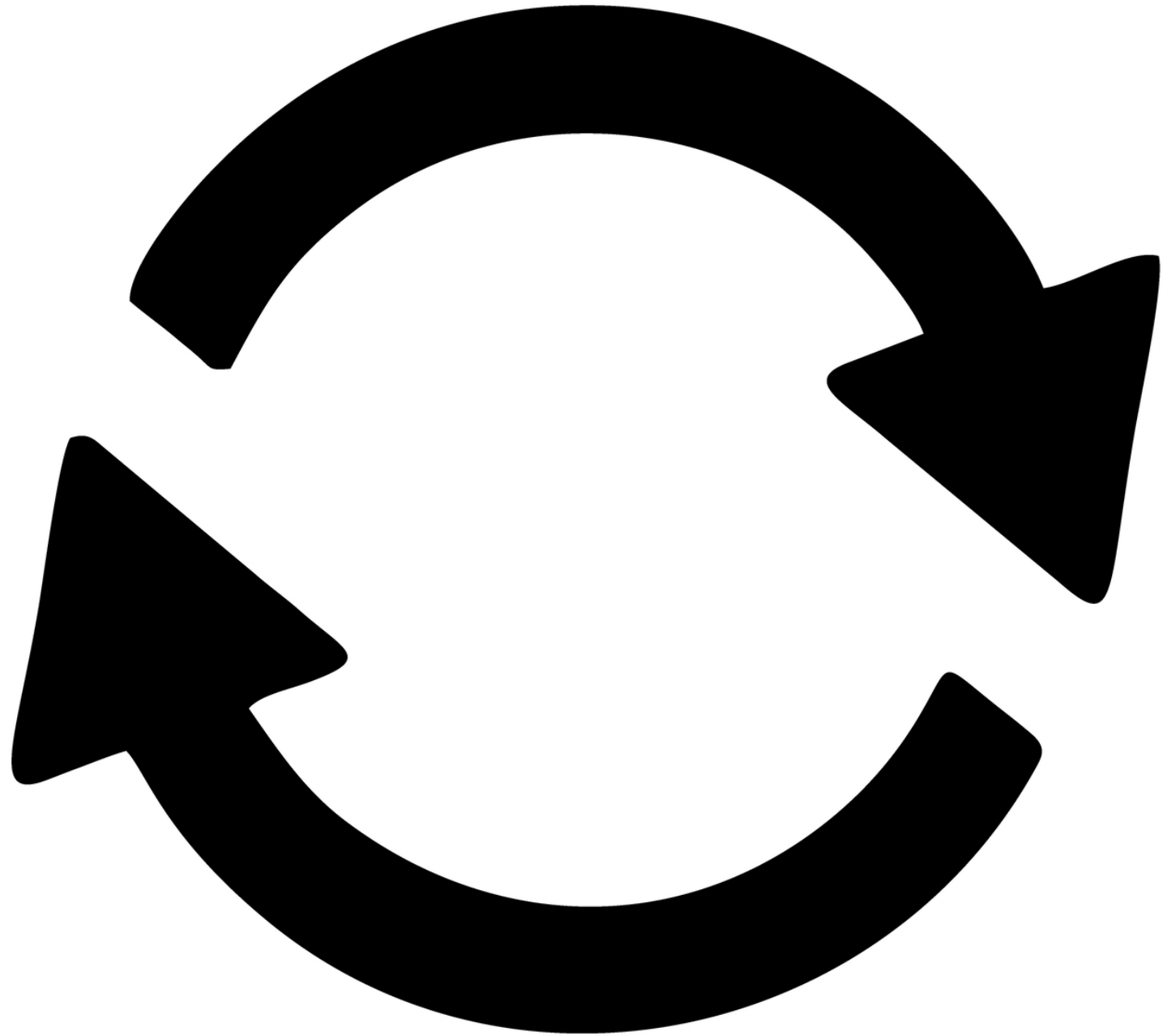
Primacy

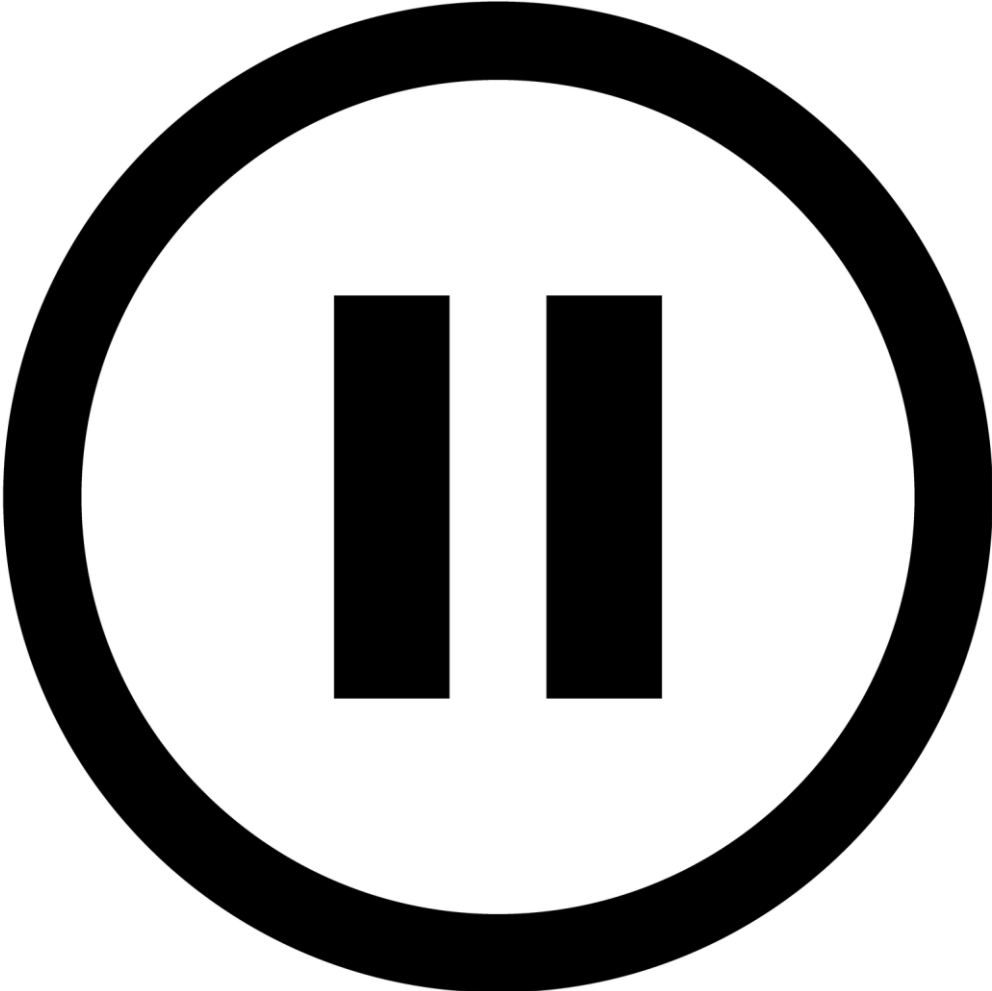
Recency



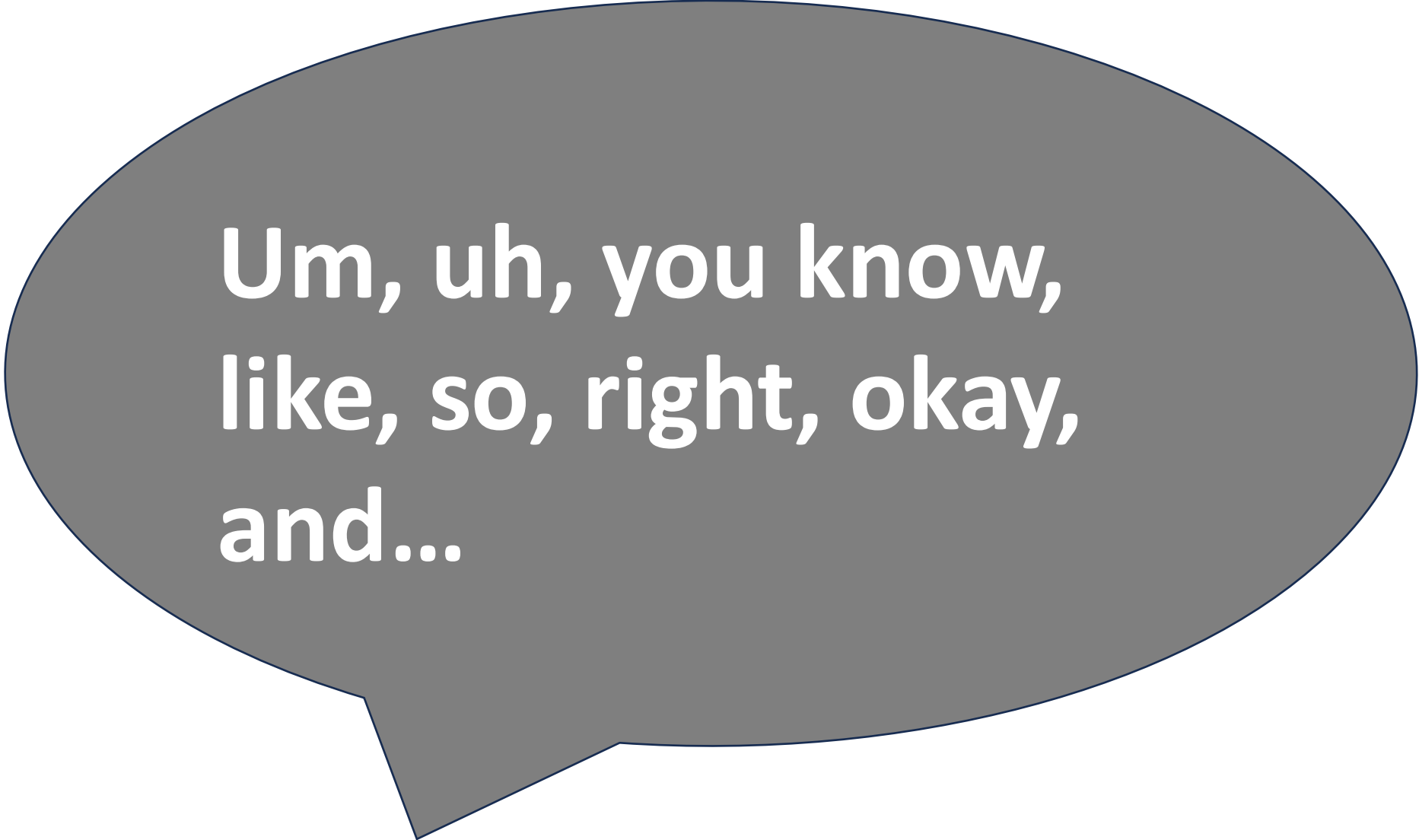
3







Fillers



Um, uh, you know,
like, so, right, okay,
and...

No Fillers

Person one:

**Describe your
favorite meal.**

Person two:

**Describe your
favorite vacation.**



Once upon a time...



Story elements

Beginning, Middle, End

Details

Emotion

Just the facts vs. Storytime

First round:

**Your day so far –
just facts.**

Second round:

**Your day so far –
tell a story.**








Answer/acknowledge

Bridge

Communicate your point

- 
- **What's important for residents to know right now...**
 - **This is a complex issue...**
 - **I would also like to add that...**
 - **What I can tell you is...**

ABC practice

1. Easy Q

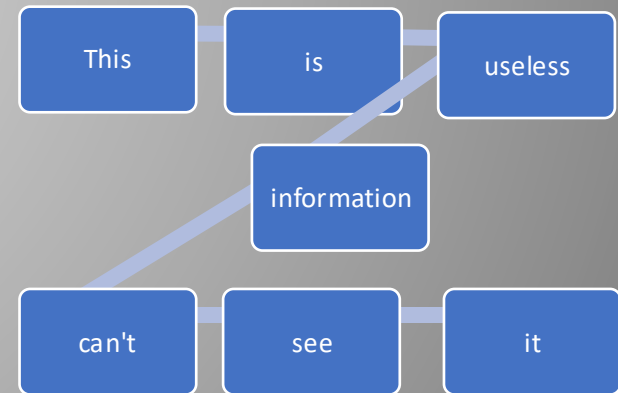
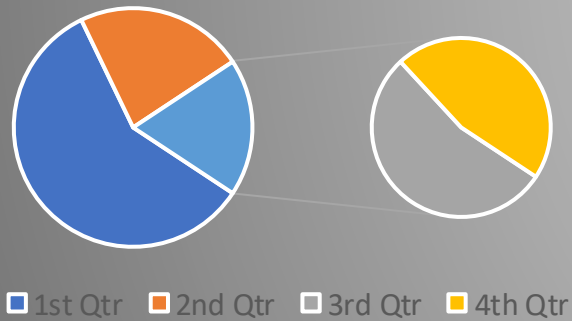
“Why is this _____
important for our
citizens?”

2. Challenging Q

“What do you say to
citizens who think the
city is wasting money
on this _____?”

- Too many presenters do not use visual aids; they use handouts on a screen.
- They cram way too many words on a slide, thinking that the audience will be able to read them.
- To add insult to injury, the presenter also uses the slide as notes and reads the content to the audience!
- When I am in the audience and see a slide with that many words, I immediately tune out.
- And yet, I cannot help but look at the screen. That's how our brains are wired – we'll typically look at a screen no matter what is on it.
- Just because I look does not mean I'm reading or taking in the information. I tuned out, remember?
- It is exhausting to look at this many words in one place. Slides should aid – enhance – the presentation...not BE the presentation.
- Presenters also put too many charts and graphs on slides, and they make them way too small.

What is this?



- Great news – I have a little more space here, so I'll add more words! You're welcome!
- I wouldn't want you to miss any details...plus, I need the notes so I will know what to say to you.
- Don't worry; I'm sure you'll do great on the quiz I'm going to give you on this slide and its contents! Fingers crossed!

A man in a dark suit is seen from behind, gesturing with his hands as he addresses a large, blurred audience seated in a conference hall. The audience members are wearing various colored shirts and jackets. In the top right corner, there is a blue circular graphic containing the word "How" in white, bold, sans-serif font.

How

Introvert or Extrovert?

Tasks or People?

Natural Style?

Natural Style

Self Evaluation

- **Posture**
- **Body Language**
- **Face and eyes**
- **Voice – volume, pace, quality**
- **Tone**











App Store

Contacts



Voice Memos

Settings





VOL

MUTE

CH

Volume up

Public speaking is about the audience, not about me.

Volume down

How you say something is as important as what you say.



6 7 8

10000 rpm

100 120 140 160 180 200

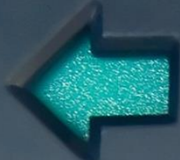
60 80

40 20 0

km/h

1 4 4 3

0 2 0 0 4 7







Own your tone

Public speaking is about the audience, not about me.

Own your tone

How you say something is as important as what you say.







App Store

Contacts



Voice Memos

Settings





6 7 8



1 4 4 3

0 2 0 0 4 7

km/h

1000 rpm



Approfita di quest'ora per...

Scrivi un messaggio



abc



GIF







Who

Want you to do well

What





How



McKAY

CONSULTING

Sally McKay

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