What do we consider good stage presence?

Speed
Volume
Gesture
Fluency
Intonation
Eye contact
<table>
<thead>
<tr>
<th></th>
<th>Avoid</th>
<th>Aim for</th>
</tr>
</thead>
<tbody>
<tr>
<td>Speed</td>
<td>fast</td>
<td>Slow</td>
</tr>
<tr>
<td>Volume</td>
<td>quiet</td>
<td>Loud</td>
</tr>
<tr>
<td>Gesture</td>
<td>fidgeting feet, hands</td>
<td>Deliberate</td>
</tr>
<tr>
<td>Fluency</td>
<td>filler words</td>
<td>Fluid</td>
</tr>
<tr>
<td>Intonation</td>
<td>up-tone, monotonous</td>
<td>Expressive</td>
</tr>
<tr>
<td>Eye contact</td>
<td>avoidant</td>
<td>Connecting</td>
</tr>
</tbody>
</table>
What gets in our way?
According to most studies, people’s number one fear is public speaking. Number two is death. Does that sound right? This means to the average person, if you go to a funeral, you’re better off in the casket than doing the eulogy.

Jerry Seinfeld
Don’t let accent hold you back from clear communication

Everyone has an accent; some require more time to adjust

People with English as a second language have advantages in directness

Native English speakers are worse than they think
Anxiety is a tool you can harness

Mihaly Csikszentmihalyi
How hard is a task relative to your skill?

How hard is a task relative to your skill?

Skill

Difficulty

Boredom

Flow

Anxiety
Anxiety has diverging effects on performance.
Your flow channel can get wider over time
Don’t be discouraged by normal phases of learning
Actions you can take to become an award-winning speaker

- Watch talks you like
- Give more talks
- Acknowledge body sensations without judgment
- Embrace anxiety as excitement
- Visualize as practice
- Speak to strangers
3-minute thesis deadline: February 8, 2019
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Book appointment to visit MI 409G