INSTITUTION: ATLATIC INTERNATIONAL UNIVERSITY

SCHOOL: SCIENCE AND ENGINEERING

DEPARTMENT: ARCHITECTURE

COURSE: PUBLIC SPEAKING

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DATE: 12TH April 2022, Tuesday.

Introduction

Public speaking

Your ability to speak to an audience is essential to your success. Speaking well can garner the respect and esteem of others, make you more valuable to your company, and get attention from people who can help you and open doors for you. Good speaking will also convince people that you are generally more talented and intelligent than others who do not speak as well. – Speak To Win - Brian Tracy.

Increase Your Self Esteem

Becoming an excellent public speaker will help you in every part of your career. But there is an even more important reason to learn to speak to an audience. Psychologist tell us that your level of self esteem, or “how much you like yourself” largely determines the quality of your inner and outer life.

The better and more persuasively you speak, the more you like yourself. The more you like yourself, the more optimistic and confident you are. The more you like yourself, the more positive and personal you are in your relationship with others. The more you like yourself, the healthier, happier, and more positive you become in everything. . – Speak To Win - Brian Tracy.

Improve Your Self Image

When you learn to speak effectively, yourself image improves as well. Yourself image is your “inner mirror” is the way you see yourself and think about yourself prior to and during any event. The more positive self image, the more competent your performance.

We are all highly sensitive to the thoughts, feelings, especially the respect of others. Maugham wrote, “Everything we do in life is to earn the respect of others.” So when you speak well, your audience like and respect you more. As a result, you like and respect yourself more as well. When you get positive feedback from others as a result of speaking well, yourself image improves. You see yourself and think about yourself in a more positive way. You develop a sense of personal power. You walk, talk, and act with greater confidence. . – Speak To Win - Brian Tracy.

Excellence Speaking Is Learnable

Perhaps the best news about speaking to groups is that it is a learnable skill. Most people who are competent speakers today at one time could not lead silent prayer in a phone booth. Many people who appear confident and articulated in front of an audience were at one time terrified at the idea of standing up and speaking in public.

On your journey to master the art of public speaking to an audience, you will encounter many, small and large mistakes. You will often feel nervous and inadequate. You will say the wrong things and forget to say the right things. You will mumble and stumble and wonder if you will ever get it right. . – Speak To Win - Brian Tracy.

Move out of your comfort zone

But in order to achieve excellence in speaking or in any field, you must be willing to move out of your comfort zone and into your discomfort zone. You must be willing to feel clumsy and awkward during your growth and development if you are going to move to a higher level of competence.

How to be a Good public speaker

. Desire. First, you must have an intense, burning desire to speak well. If your desire is strong enough and you want to achieve speaking mastery long enough, nothing can stop you.

.Desire. You make a decision this very day that you are going to make every effort, overcome any obstacle, and do whatever it takes to become excellent

.Discipline. You must be discipline to plan, prepare, and deliver talks and presentations, over and over again, until you achieve mastery.

. Determination. Finally, you must have the determination to persist and persevere in spite of any short-term setback, obstacle you may experience.

Self confidence and Mental mastery,- Eliminating the fear of public speaking

Your goal when by you speak is to stand up confidently: positive, relaxed, and feeling wonderful about yourself. Your idea is to feel happy to be there.

But how do you achieve this state of calmness, clarity, and confidence in front of any audience? First, realize that stage fright is normal and natural, even for professionals who have appeared on the stage thousands of times.

According to the Book of lists, 54% of adults rate fear of public speaking ahead of the fear of death. – Speak To Win - Brian Tracy.

All fears are learned

The good news is that children are born with no fears at all. All fear that you have as an adult are the result of childhood experiences and negative reinforcement, both from others and from yourself. Because these fears, including the fear of speaking in front of an audience, have been learned, they can be unlearned as well.

The primary cause of adult fears is destructive criticism in childhood. When parents destructively criticize a child for any reason, he or she soon develops fears of failure and rejection. The fear of rejection or criticism leads to hypersensitivity to the opinions of others in later in life.

Psychologist also say that almost all mental and emotional problems stem back to “love withheld” as a child. This happens when the parent, in an attempt to manipulate and control the child, gives or withholds love as a tool to influence the child’s behavior. As a result, the child soon thinks, “As long as I do what mommy or daddy wants, I’m safe. If I don’t do what they approve of, I’m not safe.” – Speak To Win - Brian Tracy.

Sensitive children, Hypersensitive adults

A child who is subjected to destructive criticism or love withheld becomes an adult who is overly concern with the opinions of other people and their attitudes toward him. In extreme cases, the person can become so afraid and insecure that he cannot do anything until he is sure the key people in his life approve.

Many people traumatized by the very idea of standing up and speaking in front of others. This is a manifestation of the fears of failure and rejection instilled prior to the age of five. But these feelings can be replaced with the feeling of confidence, calmness, competence and self control.

Many of today’s speakers were so nervous at one time that they trembled at the thought of speaking in front of others, even in staff meeting. . – Speak To Win - Brian Tracy.

How public affected my life in my secondary days

I did only ss1 in Aunty secondary school before I later move to victory secondary school where I sat for West African Examination council.

Aunty Grace secondary is a day school that teaches both art and science subject, the school is located in zaria, Nigeria.

The fear of criticizing has affected me in many ways during my secondary school days. Because of the fear of criticizing from fellow student and teachers I was not able to speak or ask question in class even when I don’t understand what the teacher was teaching. Though I was not a poor student because during my secondary school days a student is regarded as a “poor student” if he or she was not performing well academically which is not suppose to be so because the bible made us to understand that every man or woman has a specific gift given to him by God.

So all through my secondary days the fear of criticism made me to remain silent in class even when I don’t understand things or when I have a contribution to make in the class. Because of this behavior some thought I was natural born gentle not knowing that it was not so, the fear of criticism was the reason behind my gentleness though I have a gentle face.

The fear continue

from 2015 to 2018 I was a student in Nuhu Bamalli Polytechnic zaria in the department of Architecture. Lack of public speaking skills affected me a lot in the school because there was a day when we were to present an assignment to the class in which marks will be given to the best presenter. I thought since they were all my course mate, presenting an assignment before them won’t be a problem but to my surprise when I came up to the front of the class my body start shaking. But thank God it was a group assignment, so someone who can speak to the class saved us.

In the department of architecture those days, there are times when every student in the department must present his or her drawing to the lecturers for grading. So because of the lack of boldness and courage due to the fear of criticism whenever it is my turn my whole body will start shivering and this affected my presentation.

When t will the fear of criticism stop?

Some years back I was appointed as a home cell leader in our neighboring house.

A home cell fellowship is a gathering where believers gather in the neighboring house to fellowship every saturday evening especially those believers who are from living faith church international.

I was privileged to be a leader in one of the home cell fellowship. So as a leader you are to teach the members of your home cell every Saturday evening, though my teaching was not poor but it wasn’t the way it should. To my surprise, each time we have a new member my body react when I’m about to speak, so this lack of public speaking skills affected my teaching a lot though the members did not observe it.

Am i the only one that can’t speak in public?

When I was in children’s department in living faith, whenever I see other children speaking I feel as I’m the only one that can’t speak in public. I always hide from children’s presentation because I thought that I’m the only that can’t speak in public.

As times goes by, as adult now, there was a time in a gathering of home cell leaders in the church where every leader is expected to say his name and the name of his home cell only. You need to see how I was feeling that time. The whole of my system react just because I was ask to introduce myself and my home cell.

How the fear of public speaking affected my relationship with ladies

I’m a clean guy just like every other guy. And you know as a guy we are made to believe that you cannot “toast” a lady if you are not good in speaking. When I was in secondary school there was this lady Emmanuelle by name that like me so much she even open up to me but the fear of criticism made me not to tell her that I love her too, she thought it was gentility that made me to behave that way not knowing that it was fear but thank God that she later understand.

There a certain times that I will see beautiful ladies that I admired but because of this lack of ability to express myself in the open I miss those ladies.

The turning point

A time came that I started searching for solution on how to express myself in the public. So I started reading different books on public speaking, gradually I started seeing improvement in my life. As i continue learning how to speak in public by watching videos online. This little search has helped me to grow. I don’t have this fear of criticism now in me. I express myself to people in the public without the fear of criticism arising in me.

Even though my English is not fluent but I don’t have the fear of expressing myself again in the public. There was a time I was asked to come and teach people how to be bless in full gospel international, after the teaching, People applaud me for a good teaching.

I speak fluently now in our home cell without fear, I’m really happy with my level of growth.

What I learned in public speaking videos and books

. l learned to always plan my message well before presenting, and this has helped me to develop myself well because someone said “He who doesn’t plan is planning to fail”

.The power of pause, in one of the book I studied, the author said “speaking in public doesn’t make you a good public speaker”. There was a woman I know who teaches in a house fellowship, she teaches well but she lack the qualities of a good public speaker. She speaks without pausing which is not encouraged in public speaking class. In one of the book I studied the author said “speaking to people is like eating food, when you eat/speak small, you allow it to digest before you continue.

. listening skills. Oxford dictionary says to listen mean “To pay attention to somebody or something that you can hear ”Good Listening skills make people to believe that you care, when you speak without listening there will be a problem whenever you are communicating with people. listening to people help you to come up with a good speech because you already know what the people what to hear.

 In our business, I discovered that the more I listen to my customers the more they buy from me/us.

Words of Encourage To the staff of Atlatic international university

I want to start by saying thank you to the staff of Atlatic International University for the courage of running an online university successfully. Robert. K, the author of Rich Dad poor Dad said,” How do you say thank you when there are many people to thank”?

According to Brian Tracy, “Good public speaking will convince people that you are generally more talented and intelligent than others who do not speak as well “

AIU allow every student to design his/her curriculum, which is very good. But if AIU can encourage every student to include “public speaking” in his or her curriculum irrespective of the course or level of study, by doing this, AIU will receive another raking as the best online university because good public speaking according to Brian Tracy, it convince people that you are more intelligent than those who don’t speak in public.

I know you will feel happy when the world start saying that 87.6% of AIU graduate are good public speakers, this can be achieved by encouraging every student to include “public speaking” in his or her curriculum design irrespective of the course or level of study.

Conclusion

The knowledge of public speaker have made me to be a better person, it has improve my relationship with people. Public speaking has taken away the fear of criticism that I use to have. I sold more of our product to customers because of this skill. In my own opinion, every human being need to have the knowledge of public speaking because without this knowledge you will not be able to express yourself in public. Thank you.

Reference

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