

## INCREASING THE POWER OF PUBLIC SPEAKING

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**Abstract:** *The advancement in technology revolutionized our lives significantly in recent years. To achieve any success, it is not enough to be knowledgeable person, sometimes we faced some situation which we must speak in front of audience. But this is becoming an actual issue nowadays, because the great number of individuals are unable to overcome their fear and excitement and cannot speak freely in front of the public and they always blame themselves. Such kind of circumstances require a big skill and everyone should know how to kill the panic.*

**Key words:** *public speaking, ability, skill, audience, people, idea, situation, opinion, children, adult, express, feel, confidence.*

**Аннотация:** *За последние годы развитие технологий существенно изменило нашу жизнь. Чтобы добиться какого-либо успеха, недостаточно быть знающим человеком, иногда мы сталкиваемся с какой-то ситуацией, о которой необходимо рассказать перед аудиторией. Но в настоящее время это становится актуальной проблемой, поскольку огромное количество людей не способны преодолеть свой страх и волнение, не могут свободно выступать перед публикой и всегда винят себя. Подобные обстоятельства требуют большого мастерства, и каждый должен знать, как победить панику.*

**Ключевые слова:** *публичное выступление, умение, умение, аудитория, люди, идея, ситуация, мнение, дети, взрослый, выражение, чувство, уверенность.*

Public speaking – it is the ability to embrace your ideas and show others how you speak in front of people that you do not know and are meeting for the first time.

Why we need public speaking skill?

Admittedly, all of us have a lot of challenging to reveal our opinions. We feel an anxiety in some phenomena we ashamed, hence, too many times we miss out on success and regret it later. The lack of this skillfulness, especially among children, causes them to be unable to defend themselves among their peers. Among young adults it would be cause of lagging behind in gaining knowledge and expertise. And the public speaking skill crucial us to express ourselves clearly and in detail a large audience and to improve our communication. Moreover, it gives us the opportunity to inspire, motivate and influence others. In certain time, it is highly valued in many professions. it would be the key of our goal. It helps establish our creativity and to prove your knowledge. Furthermore, it plays vital role to create our personal development. For example: Public speaking shove us out of comfort zone, encourage us to work on us and build confidence. In addition, we can express our opinion fully and gain great respect in public. Particularly, in today's world, there are many opportunities for youth with leadership skills and they can find their place straightforwardly in society.

Of course, public speaking is not an easy skill, such ability is formed in people from birth and how satisfactory or bad it is shaped by the family environment in which the child grows up. There are various reasons which can be cause of lack of confidence among audience. For example: from a young age, we emphasize to children that do not say anything they want, do not act everything among the people and keep quiet. And we demand that they always remain silent instead of asking for their opinion. As a result, we break their prowess to feel free to express their view and encourage them to be afraid of adults. It is true, we do this to prevent them from misbehaving, but unfortunately, it also limits their capacity to interact with others.

As we mentioned above, speech is not born in humans. According to the facts, children from the age of 3 begin to think about surrounding reality and express their thoughts sometimes incorrectly. Therefore, it is never too late to develop public speaking skills. For this, of course, we need to work on ourselves properly. This does not necessarily mean that such actions should be performed in front of large audience at once, it takes a lot of time for us to increase our comfort and overcome excitement. For example, being able to express our opinion in a simple family circle or at school or university. Then we have a huge fear, which is that we are all afraid of making a mistake. Undoubtedly, all successes begin with small failures, sometimes embarrassing ourselves in front of others encourages us to work on ourselves.

Public speaking is the great power, it can open many doors for us. For this, we should develop our personality and never limit our communication with other people. And also, we must be sure that our opinion is complete and correct. Most of us used to speak hastily from getting excited in a large audience. One of the most important thing is to speak slowly and fluently. It is normal to be nervous, but you have to believe in yourself and get over it, because being so nervous makes you forget what you know. Sometimes taking a deep breath and thinking about positive aspects can help you calm and regain control. Another key issue is questioning our own mistakes and shortcomings. So, when you are speaking in front of an audience, do not ignore the compliments and comments you get all the time, both good and bad, if you can find a big will for it.

Practicing to rise your public speaking skills can significantly improve your communication skills. Here are some crucial advices you can implement:

1. Prepare and practice: Prepare your speech or presentation thoroughly by organizing your notions, identifying main points and creating a logical structure. Repeating your words and speech also can be helpful while your presentation.
2. Visualization techniques: Envisage yourself giving a successful speech, conceive the enthusiastic reaction of the audience and your confident manner.

This technique will help you to kill the panic and prepare you for the actual speech.

3. Evaluate yourself: For this technique you should record your speech or your activities by using smartphones or any other devices. After recording, listen and watch that video and pay attention your rate, tone or appearing. Learn your mistakes and work on it.
4. Speaking clubs: Try to join organizations like international or local public speaking clubs. It can be helpful to speak unashamedly.
5. Search for criticism: Always be interested in the opinions of others. Try to get comments from close friends or family members that you trust , not just anyone and do not leave the advice unattended.
6. Do not stop learning: Study the speaking styles of experienced speakers and imitate them. Watch with attention their acts and presentations do not shy if something interesting for you. And also assimilate their acts in your speech.
7. Speaking opportunities: Look for public speaking opportunities such as local events or seminars. Do not forget instead of listening or watching it is more effective if you try it in the public. Participating in public speaking teach you to feel more comfortable and you will become more accomplished

Conclusion: Public speaking is not just a speaking it is the potential of holding the attention of the audience. There are some key points which you can do individually to increase the strength of communication and public speaking.

1. Practicing in front of mirror. ( it can be helpful to rise the confidence)
2. Repeating with loud voice. ( it helps to build up the faith)
3. Reading more books. (it will increase your logical and broad thinking.

Moreover, you will learn to speak in literary dialect.

Remember, public speaking skills improve with practice and experience.

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