The Art of Public Speaking
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5 Tools For Public Speaking
Gestures

- Our hands are often our worst enemy. Uncontrolled gestures are distracting to your audience and an outward sign of your nerves. To fix this problem, try holding a large object, such as a basketball, when you practice your speech. Think that your hands are glued to the object and cannot be removed. You will feel a natural urge to remove your hands. However, by isolating your gestures, you will find that you are able to better maintain eye contact and connect with your audience.
Discussion Question

• What gesture do you make most when speaking?
Rate

• How many times have people told you that you speak too fast in front of a group? When people are nervous, they often speak quickly. Unfortunately, this only prevents them from having time to collect their thoughts. Try emphasizing the “power of the period.” Every time you finish a sentence, clap your hands before the next sentence. While this may seem silly, it is a not so subtle reminder that one thought is ending and the next one beginning. This exercise will help you to slow down, collect your thoughts, and begin your next sentence with confidence.
Discussion Question

• Do you find yourself speaking quickly in court?
Many people falsely believe they have to sound “professional” when presenting for a group. I always tell my students that the best way to think about tone is through the idea of “business suit language, bathing suit delivery.” Let the language you use be professional but let the delivery have a tone that is relaxed yet engaged. Using this kind of tone will help make any presentation feel more like a conversation between you and the audience.
Discussion Question

• How do you balance tone and advocacy?
Posture

- Nothing is more distracting than a speaker who wanders around a room or seems fidgety. Speakers who stand firmly in place instantly give off an air of confidence and credibility. Try placing a bag of rice or a pillow on top of your feet when you practice. Feel the weight of that object keep you standing firmly in one place. While this may initially feel strange, you will begin to naturally feel that weight holding you in place whenever you speak in front of a group.
Discussion Question

• How do you stand or sit in court?
Communication Style

• If you watch really talented speakers, you will find a common theme. Each one approaches the same task in a unique way. No matter your confidence as a speaker, finding the components of your communication style is crucial. To help students find “their” style, I often ask them to answer the dreaded interview question, “How would you describe yourself?” Every person’s answer to this question consists of a unique combination of variables. Write down your answer and think about how you can infuse those fun or quirky elements into your next presentation. The result is a communication style that feels custom fit to your strengths and allows your authenticity to shine through.
Discussion Question

• What do you think your communication style is?
Any Questions?
THANKS FOR COMING!