

Public Speaking Resources



Here are some video, audio and written resources to support you in developing as a speaker. They cover all aspects of speaking from dealing with nerves and building confidence, to assessing the audience, writing a talk, and delivering it effectively.

Excellent and broad ranging resources

- [Six Minutes](#) links to heaps of online resources, including blogs, books and articles on public speaking. It has tips on writing speeches, developing positive habits, using effective visuals and learning from great speeches, including popular TED talks.
- **Allyn & Bacon's [Public Speaking Website](#)** - a useful resource with 6 short chapters on different aspects of speaking in public such as analysing your audience, researching and writing your talk, as well as delivering it, answering questions, and learning from other speakers. Includes some questionnaires to help you prepare and suggested reading lists.

Videos:

There's plenty of advice on **YouTube**, for example:

- [Advice from a Toastmaster](#) – (1 minute 48)

A useful series of YouTube video from public speaker trainer

Deborah Grayson Riegel:

- [Overcoming nerves](#) - (9 minutes)
- [The Importance of Body Languages](#) - (12 minutes)
- [The Importance of Vocal Variety](#) (11 minutes)
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- [Great Openings and Closings](#) - (8 minutes)
- [Working With Your Audience / Q&A](#) – (13 minutes)

Written Resources

Mindtools articles:

- [Questionnaire to help you assess your current skill level and then comprehensive advice \(with links to further articles\) to improve areas in which you're weaker](#)
- [Managing presentation nerves](#)
- [Physical relaxation techniques](#)
- Mental stress management using [imagery](#)

- If you're specifically trying to motivate an audience to action, read Mindtools' article on [Monroe's Motivated Sequence](#)

- **Uncommon Knowledge's [Public Speaking Tips](#)** – 10 common sense tips
- **Uncommon Knowledge's** longer article on [Public Speaking Techniques](#) – includes a short audio exercise for relaxed rehearsal of your talk
- [Presentation Tips](#) from a **Research Guide for Students** (but relevant to all)
- [It's time to talk](#) - **Friends of the Earth's** guide to speaking in public
- **Rhizome's** short guide to [Making Your Talk More Memorable](#)
- **Businessball's** detailed [tips on presentations](#) – including some useful links to other related material on their website