



GETABSTRACT REVIEW OF

The Elements of Great Public Speaking

How to Be Calm, Confident, and Compelling

Effective public speaking is a skill you can learn. Speak about something you know well and want to impart to others. Manage fear through preparation, practice and visualization. Empower yourself.

STEP 1

Have your team read the [getAbstract summary](#).

STEP 2

Schedule a team meeting to discuss the questions below.

STEP 3

Have a discussion with your team.

Discussion Questions

- 1.Explain the title of this summary.
- 2.What do you think the author's purpose was?
- 3.How can we apply the concepts shared in this summary?
- 4.Do you have a new perspective as a result of reading this summary?
- 5.How do you prepare for big presentations?
- 6.Are you comfortable with public speaking?

“Think of psychological safety as the essential nutrients, vitamins and minerals needed to develop healthy teams.”

The Psychological Safety Playbook

Minette Norman and Karolin Helbig

Additional resources



Communication



Public Speaking

