

18. Public Speaking

BVPT-104: English & Communication

Unit 5: Public Speaking and Presentation Skills

Topic: Public Speaking - Techniques for Delivering Impactful Speeches

□ What is Public Speaking?

Public speaking is the art of speaking clearly, confidently, and persuasively in front of an audience. For a physiotherapy student or professional, public speaking is essential for:

- Presenting a seminar or case study
- Educating patients or caregivers
- Participating in health camps or awareness drives
- Leading departmental discussions or workshops

□ Objectives of Public Speaking

1. To **inform** – share facts, ideas, and instructions
2. To **persuade** – influence opinions or encourage action
3. To **inspire** – motivate your audience
4. To **entertain** – engage and connect with listeners

□ Core Elements of an Impactful Speech

Element	Description
Content	The message – clear, structured, relevant, with examples
Delivery	Voice modulation, speed, pause, pronunciation
Body Language	Gestures, facial expression, posture, eye contact
Audience Engagement	Asking questions, using humor or stories, involving the audience
Confidence	Preparation + practice = confidence (even if nervous!)

□ Techniques to Improve Public Speaking

1. Know Your Audience

- Adapt your language and content depending on who is listening (patients, students, faculty, public).

2. Structure Your Speech (3-Part Rule)

- **Introduction:** Greet, grab attention, introduce topic
- **Body:** Deliver 2-3 main points with examples or statistics
- **Conclusion:** Summarize, end with a strong message or call-to-action

□ Example:

“Today, I’ll talk about how regular physiotherapy can reduce stroke-related disability by over 30%. Let’s begin with why



this matters...”

3. Practice Voice and Tone

Skill	Why It's Important
Projection	Helps you be heard without shouting
Pacing	Speaking too fast = confusion; too slow = boredom
Intonation	Avoids monotone; adds meaning through variation in tone
Pauses	Emphasizes key points and gives listeners time to absorb

4. Use Visual Aids Wisely

- Use **PowerPoint slides, props, or charts** if allowed
- Follow the **6x6 rule**: no more than 6 bullet points per slide, 6 words per point
- Avoid reading slides word-for-word

5. Practice with Feedback

- Rehearse aloud in front of a mirror or record yourself
- Present to a friend and ask for suggestions
- Join speaking clubs or participate in classroom debates and role-plays

□ Common Challenges & How to Overcome Them

Challenge	Solution
Nervousness or stage fright	Deep breathing, positive self-talk, early preparation
Forgetting what to say	Use cue cards or keywords; structure with headings
Monotone voice	Practice reading aloud with emotion; record and analyze your voice
Speaking too fast	Mark pause points; practice slowing down intentionally

□ Public Speaking in Physiotherapy Practice

Setting	Application
Health camps	Explain exercises and lifestyle tips to the general public
Case presentations	Present findings clearly and logically to staff or students
Community outreach	Educate about posture, exercise, or injury prevention
Workshops/seminars	Deliver academic or skill-based lectures

📌 Quick Tips to Remember

- □ **Prepare**: Know your content deeply.
- □ **Focus**: Stick to your main points—don't overload.
- □ **Practice**: Speak out loud, rehearse with a timer.
- □ **Relax**: A little nervousness is normal. Breathe and smile.



- **Stand Tall:** Good posture adds confidence.
- **Make Eye Contact:** With different people in the room.

Self-Check Questions

1. What are the three essential parts of any speech?
2. How can you engage an audience during a health awareness talk?
3. Name two body language habits that help improve your presence.
4. Why should you avoid reading directly from PowerPoint slides?

Summary

- Public speaking is a valuable skill for every physiotherapy student.
- Combine **good content, confident delivery, and audience engagement** to create impact.
- The more you **practice and receive feedback**, the better you'll get!