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# Increasing confidence and delivery

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#### Introduction





#### Alex – About me!

- Scientist
- Higher Education
- Science Communication
- Show-off





### Introduction





#### Amanda – About me!

- Volunteer
- Chemist
- And now Biologist!
- Science teacher
- Primary teacher
- STEM Ambassador
- Public engagement











Even Ipswich's answer to Captain Jack Sparrow! But don't forget to look / listen too.





# Body Language!













- Just one person
- Eye contact
- Don't be nervous (or don't make it obvious)
- Body language and voice
- Be yourself

# Why are you here?



• Show of hands: Who has spoken in front of an audience before?

#### Why am I here?





# Public speaking vs lectures



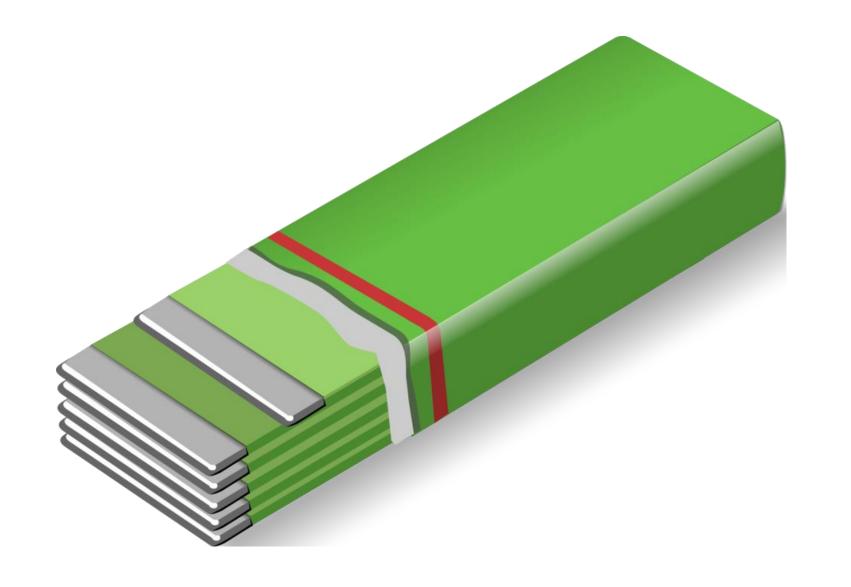






## Walk-in





## Walk-in





# Warm-up









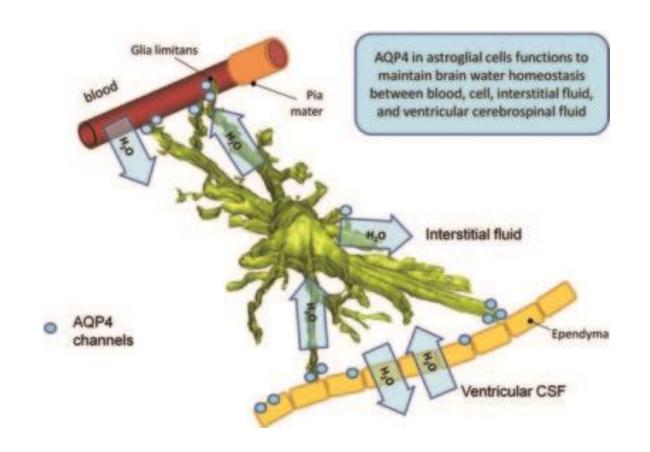
- Who are they?
- What do they need?
- If you read off the slide, who is unnecessary?

#### **READ ME:**

It was the best of times, it was the worst of times, it was the age of wisdom, it was the age of foolishness, it was the epoch of belief, it was the epoch of incredulity, it was the season of Light, it was the season of Darkness, it was the spring of hope, it was the winter of despair, we had everything before us, we had nothing before us, we were all going direct to Heaven, we were all going direct the other way – in short, the period was so far like the present period, that some of its noisiest authorities insisted on its being received, for good or for evil, in the superlative degree of comparison only.

## Audience







#### Authentic voice





"It is an ideal for which I hope to live for and to see realised. But, My Lord, if it needs be, it is an ideal for which I am prepared to die."

Nelson Mandela on a free society in which all persons will live together in harmony and with equal opportunities







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## Questions?

