

Public Speaking Secrets

Crush Your Next Speech or Presentation

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1. Hook Not Bio

- No polite warm-up, bio, or "Excited to be here"
- Start with a relevant question, bold claim, or short story



2. Start Still

- Walk out, plant your feet, pause for two seconds, then speak
- Let the room settle before you begin



3. Group in Threes

- Break points into 3s - easy to follow and remember
- "Three things you'll learn today..." is magic



4. Short Stories

- Keep stories under 90 seconds
- Use: Setting, conflict, payoff - and then cut the rest



5. Edit Actively

- Replace passive voice and vague verbs (AI can help!)
- ~~"It was launched"~~ "We launched it"



6. Speak to 1 Person

- Hold eye contact with 1 person per thought
- Then shift to another in a different area - don't scan constantly



7. Mark Your Pauses

- Add slashes (/) in your script where you want to pause
- Don't just fill the space - silence can emphasize



8. Put Audience First

- Cut "I want to talk about..."
- Replace with "You'll walk away with..."



9. Move on Transitions

- Step or gesture when changing topics, not mid-point
- Stillness = power, movement = shift



10. Rehearse Aloud

- Practice standing, with voice at full volume
- Record yourself and watch for filler words, pacing, and fidgeting



11. Memorize Bookends

- Know your first and last 3 lines cold
- Everything else can be spoken from notes



12. Circle Back

- Echo your opening idea or line at the end
- It gives the audience closure and recall