

Title:

How Public Speaking Improves Your Social Life

Word Count:

984

Summary:

Learning public speaking will help you in every day life to make friends and meet new people.

Keywords:

Eric Monse, public speaking, social confidence, pickup, meet people

Article Body:

By Eric Monse

I have a fear of public speaking. More precisely, I should describe it as a phobia.

I'm not really scared, I just react badly when I get up in front of a large group of people. M

I'm not so bad if I have something prepared, but God forbid if I have to think up something ri

Learning to be a better public speaker is a great thing. But conquering this area of my life p

I don't make very many public speeches. But the benefits that I pickup with learning public sp

People are attracted to the person up on the podium speaking to hundreds of people, whether he

Toastmasters is a worldwide nonprofit organization for the purpose of helping its members impr

I joined a club about three months ago and it has been a fantastic experience. The people ther

Toastmasters grooms you to speak in front of large groups of people by criticizing your public

They teach you to focus on things like body language:

Don't rock back and forth when you speak.

Move comfortably around when you speak.

Make solid eye contact.

Vary your tone of voice.

Vary your pace but don't speak too quickly.

Sound familiar? These are all things you should be focusing on when meeting new people.

You will also get criticized on your language.

A person will keep track of how many people say unnecessary words like: um, you know, and stuff

Developing Leadership Skills

One of the best aspects of Toastmasters is their focus on teaching leadership skills.

Everyone at a Toastmasters meeting are volunteers. There are numerous roles at a meeting and t

The person who listens and keeps track of vocabulary errors is one example. Another example is

There are usually two or three people who pick up and give a 5-minute prepared speech at every meeting. There are also people designated to critique those speakers. Those people get up in front of the group. This way, a meeting will rarely pass when you would not get up and practice speaking.

And some of these people are excellent speakers. They know how to captivate an audience. They have. Some of them have been in Toastmasters for 20 years or more. The speeches they give are usually excellent. At the same time, they provide an amazingly supportive environment for a new person to learn.

#### How Toastmasters Helped My Fear of Speaking to Strangers

When you've never done it before and you begin speaking with strangers, the anxiety can be nerve-racking. If I talked to three people, by the end of the night I would be drained. I felt like I'd been exhausted. As I talked to more new people, the fear and anxiety lessened. But Toastmasters helped out as well. The fear of approaching people is very similar to that fear of getting up in front of a group. There are thousands of Toastmasters clubs around the country and many in New York City. They help. When you are a 101 beginner, the first few times you go to Toastmasters you'll be a guest. You can listen. After a few times of attending meetings you'll be expected to become a member. It's \$67 a year. You also get educational materials and an opportunity to speak in their competitions where you can win. Toastmasters is an excellent way to become more confident, and it will improve your social life.

Eric Monse

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