

《大家都在找！20个让你不再惧怕英语演讲的利器》

下面这些演讲技巧对于有社交恐惧症的人群尤其适用。20个简单又奏效的小技巧帮助你成为一个更好的演讲者。

1.Talk about what you know.

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2.Practice.

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3.Visit the room.

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4.Tell someone about your anxiety.

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5.Visualize confidence.

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6.Realize the audience is on your side.

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7.Concentrate on your message.

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8.Rack up experience.

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9.Observe other speakers.

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10.Organize your talk.

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11.Grab the audience's attention.

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12.Have one main message.

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13.Tell stories.

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14.Develop your own style.

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15.Avoid filler words.

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"basically", "well", and "um"??

16.Vary your tone, volume, and speed.

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17.Make the audience laugh.

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18.Find a friendly face.

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19.Don't apologize.

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20.Smile.

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