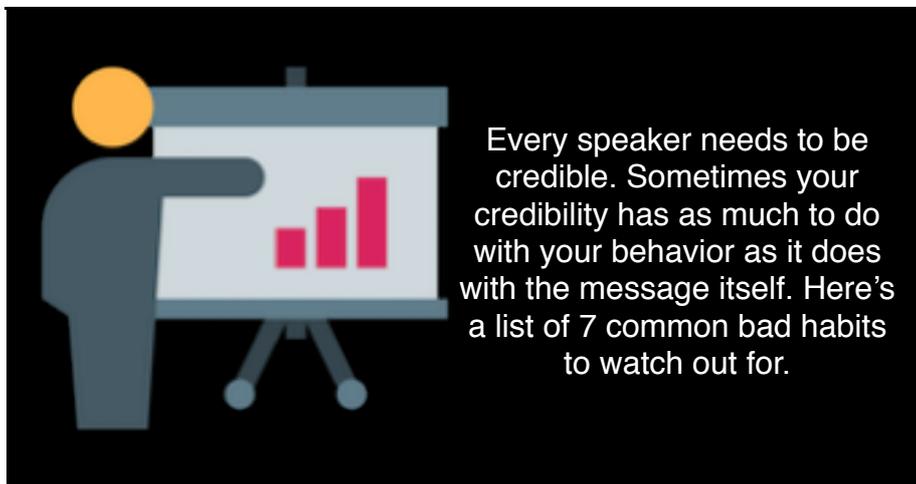




# 7 habits to avoid while speaking in public



Every speaker needs to be credible. Sometimes your credibility has as much to do with your behavior as it does with the message itself. Here's a list of 7 common bad habits to watch out for.



1

**Over smiling:** You can't have a smile pasted onto your face continuously. This makes you look wooden, like a doll. Oversmiling comes across as fake, costing you credibility points.



2

**Winking:** You might think that winking once or twice at a key moment helps makes you seem clever or intriguing, but in most professional settings it suggests that you're not being clear or transparent.

**Stoical:** Appearing too stoic and formal can make you come across as mechanical or worse, seem like you're hiding something. You might think you need to project an air of seriousness in order to be taken seriously. But if you go too far, you'll end up looking like an android instead.



3

**Fidgeting:** Fiddling with your hair, your jewellery, or your clothes makes you look uncomfortable, and the audience wonders why you're so jittery.



4

**Over energetic:** Talking fast, gesturing quickly, any jerky movements — project anxiety rather than enthusiasm. They make your energy seem too sharp. With too much energy, you'll come across as talking at your audience instead of to your audience.



5



6

**Pacing:** If you keep moving while you speak you'll drive your audience to distraction. They'll start to focus less on what you're saying than on watching you move.



7

**Pitch:** As a speaker, your pitch should stay level or go down very slightly as you finish your sentences. If your pitch rises at the ends of sentences, everything winds up sounding like a question. Too much variation in your speaking pitch is like a roller-coaster ride—a distracting experience rather than a compelling one.