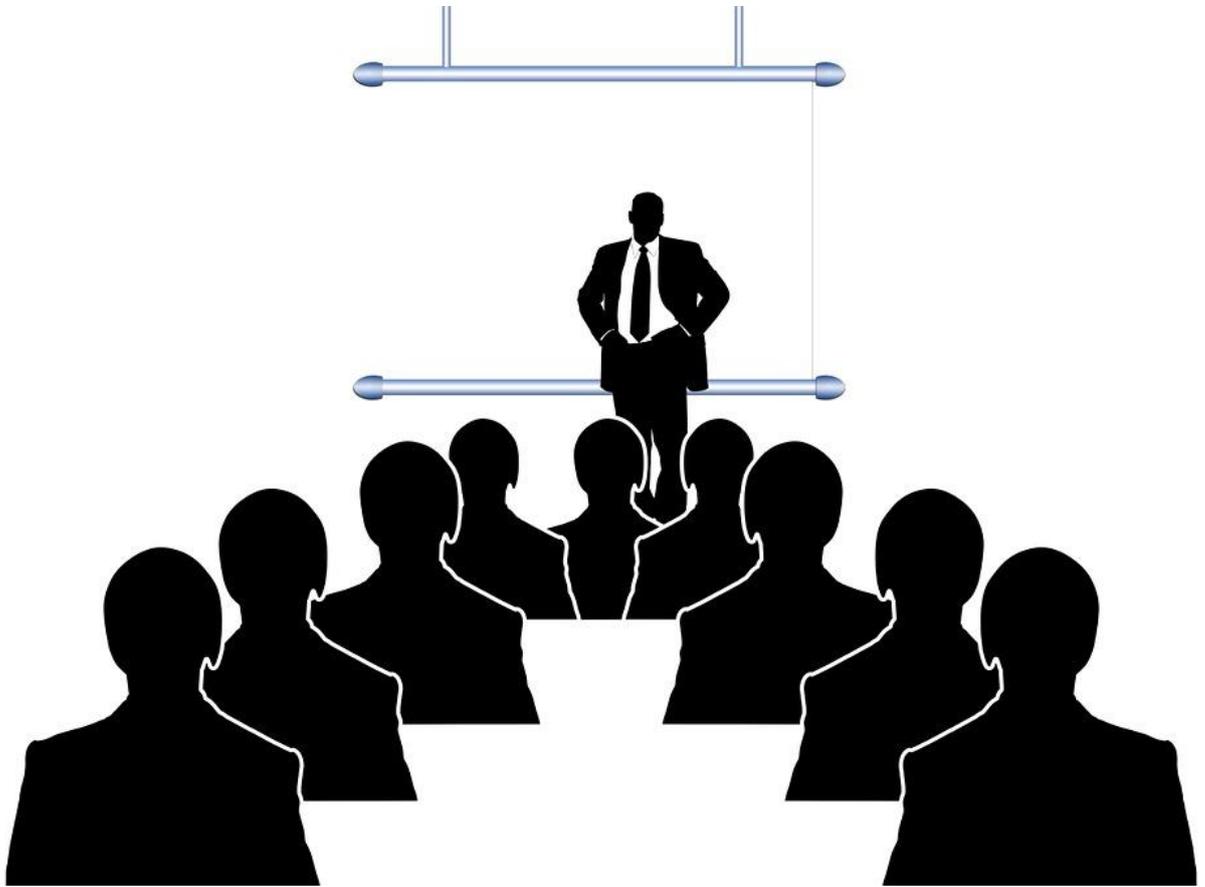


How to Develop Improvisation to Become a Better Public Speaker



Public speaking is always stress, regardless of the [level of oratory skills](#). If you have time to prepare, you can carefully examine the topic and reduce the excitement; otherwise, stupor and frustration await you. This is why the ability to improvise is so important – it increases self-confidence and allows you to look and be at ease.

In this paper, Lucy Adams, a blogger and essay writer, will share essential tips on how to improvise while speaking to a large audience.

Many people feel insecure when speaking publicly. And the situation is getting even worse when a person has little time to prepare. Improvisation may seem too dangerous, but it can open up new opportunities for your career. Moreover, it can give you the confidence if you do not know what to expect from the public. Improvisation allows you to change some aspects of your performance depending on the reaction of the people listening to you, their body language and feedback. Not always dialogues go as we expected so that the ability to be flexible gives a public speaker significant advantages.

You can improve your reputation and establish yourself as a strong leader by learning how to carry conviction under strong emotional pressure. Also, improvisation is useful for presentations in unusual places, for example, in a lift.

There are five strategies for the development of improvisation.

#1 Change Your Way of Thinking

The first and most important rule you must learn is that improvisation is fun, not scary. Somewhere in your head, there's a switch – turn it off, and you'll be able to improvise like a boss!

The point is to think positively, regardless of the circumstances. Such an attitude will allow you to feel comfortable in any situation and find a way out. Use visualization techniques to move yourself to the place of performance. Prepare yourself mentally:

- My audience is sincerely interested in me and my speech.
- I'll be calm and relaxed.
- Everyone wants me to succeed.

Give yourself these instructions every day during at least a week before the speech, and you'll feel much more comfortable at the meeting.

#2 Take the Time to Prepare

Of course, you need time to learn how to improvise – interesting and original thoughts don't appear out of anywhere. Think about your audience. Who are they? What do they want to learn? What are their values?

If you have enough time, use the PREP technique:

- The point of view: specify your point of view clearly.
- Reason: specify the reason for your speech. Express your opinion, conduct research, provide statistics and add any material that may increase the trust level.
- Example: give examples to support your point of view.
- The point of view: specify your point of view one more time. Draw conclusions.

Make sure you're prepared to improvise. Of course, you must be an expert in the field with a [clear and structured plan](#).

#3 Slow Down

If you are unexpectedly invited to speak to the public and do not have time to prepare, it can cause severe anxiety. So first of all, calm down and take a few deep breaths – it is very simple but effective recipe!

If you act on a podium, walk along it before the show and gather your thoughts.

When you are standing in front of an audience, resist the desire to start talking immediately. Adjust your body language and remember that if you behave as a confident person, you become confident.

Stand up straight and do not lift the shoulders. Speak slowly, staying focused and thinking that your information will be very important for the audience.

Practice this exercises:

- Take a dictionary and randomly choose any words (no matter what kind of word – a noun or a verb), each of which constitutes a subject. Develop a story for each word (you can take two or three words for one topic).
- Ask a friend to come up with 20 words, and then begin your story. Every 30 seconds, let him call a new word, adjusting your speech depending on it. Do not worry if the story is meaningless – meaningfulness will come with practice.



(https://upload.wikimedia.org/wikipedia/commons/a/aa/Cybersecurity_and_the_nation's_digital_future.jpg)

#4 Learn Oratory

Oratory will bring you all the necessary skills. Of course, it won't make you improviser, but you will learn how to look confident on the stage. And then you'll get the sense of humor that before manifested itself in conversations tête-à-tête, and be able to cope with stress before public performances.

#5 Control Your Emotions

The audience is usually sympathetic and respectful because most people know how emotionally difficult it is to speak publicly. So think about your audience more than about yourself.

There are three things needed for good performances: competent speech, training, and the ability to manage your emotions. If you have little time to prepare, pay close attention to your emotions. Feel free to move away from the subject and talk about something else – it attracts the audience even more!

Bio:

Lucy Adams is a responsive blogger who never refuses to cover intriguing topics. She represents an essay writing [website](#), and she's able to write on a wide range of themes, from literature and education to marketing and business. By the way, Lucy's guest blogs are free!