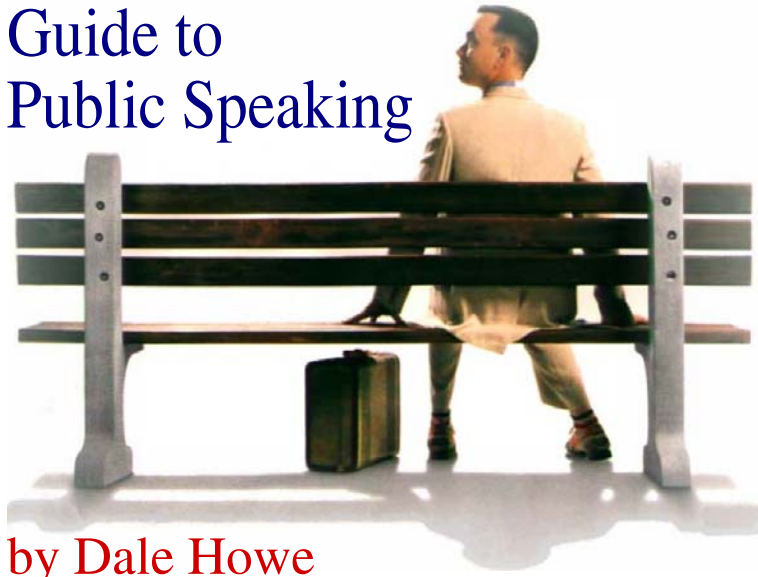


Forrest Gump Guide to Public Speaking



by Dale Howe

I'm not a smart man... but I know what love is.

Talk about the things that you know. Genius is seeing what others cannot see. If you truly know something, you can describe it so that others can see it through your eyes.

That's all I have to say about that.

Don't talk just to fill the time. When you have covered your topic, stop talking and sit down. Otherwise, the audience will stop listening long before you stop talking.

Momma always had a way of explaining things so I could understand them.

Effective public speakers communicate complex ideas in ways that listeners easily grasp. Avoid using technical vocabulary (or explain the terms) when speaking to a non-technical audience. Use word pictures, stories, and humor to engage your audience.

Life is like a box of chocolates. You never know what you're gonna get.

The audience is always hopeful that the speaker will be insightful, humorous, and engaging. Don't disappoint them.

When I got tired, I slept. When I got hungry, I ate. When I had to go, you know, I went.

Take care of yourself. Public speaking requires a lot of energy. Prepare early so that you have time to rest before the presentation.

You've got to put the past behind you before you can move on.

Learn from your mistakes so that you can be a better communicator. Once you have learned, stop dwelling on past failures – you will soon have new failures to consider.