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## 3 public speaking myths busted

Here are a few public speaking “rules” you can forget:

- **Memorize everything.** You can have notes; just don’t read them. Instead, fully know your subject matter. Then create an outline, and jot down key words and phrases to jog your memory.
- **Don’t greet your audience.** Experts have long suggested that you forgo “Nice to be here” and other pleasantries and choose a powerful introduction. Those first few seconds offer you an opportu-

nity to connect with your audience.

- **Admit you are nervous.** The idea behind the advice is that the audience will empathize with you and forgive your nervous tics and mistakes. However, most of the nerves you feel are internalized and unrecognizable to others. If you say you are nervous, people will look for signs that you are rather than focusing on your talk.

— Adapted from “Debunking 7 Common Public Speaking Tips That Do More Harm Than Good,” Gary Genard, *Fast Company*.

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