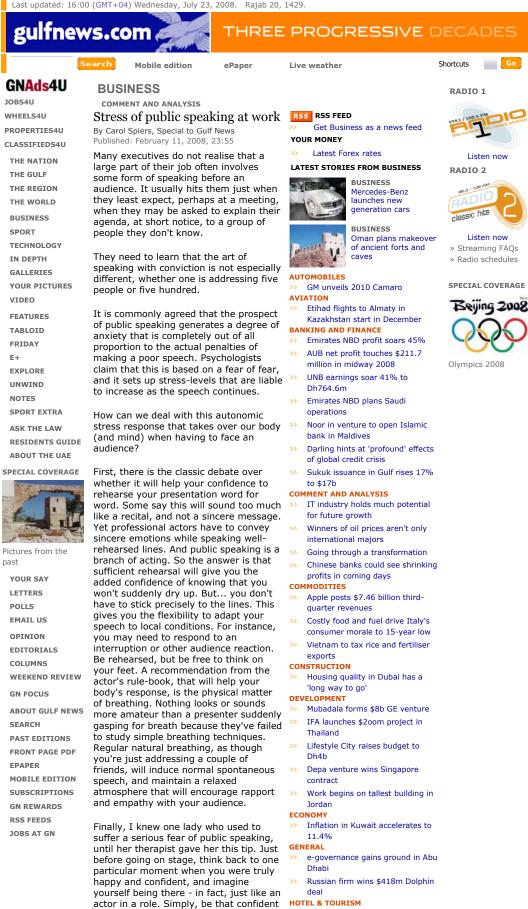
Last updated: 16:00 (GMT+04) Wednesday, July 23, 2008. Rajab 20, 1429.



http://archive.gulfnews.com/articles/08/02/12/10188972.html

self as you walk on. And that is how an audience of people you do not know, will view you and respond to you at the crucial first moment.

Successful speaking before an audience is essentially about self-confidence and self-image. The key factor in this is realising that knowing your subject (backwards) is not an option. And you must be confident that you are able to answer (or deflect) virtually any question from the audience, with apparent ease. Good luck!

The writer is a BBC broadcaster and motivational speaker, with 20 years' experience as CEO of Carole Spiers Group, an international stress consultancy based in London.

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