

# Personal Benefits of Public Speaking

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## WHAT'S COVERED

In this lesson, you will learn about the different ways that public speaking can benefit you personally, including:

1. Personal Satisfaction
2. Critical Thinking
3. Personal Development
4. Social Connections

## 1. Personal Satisfaction

Public speaking is a very common phobia, right up there with spiders and killer clowns. Many people would prefer to do almost anything - even clean the bathroom - instead of standing up and talking in front of a crowd of people. Delivering a speech can feel intimidating and risky.

Fears and insecurities tend to multiply as the speech draws closer:

- "What if I freeze up?"
- "What if I forget my speech?"
- "What if people get bored and walk out?"
- "What if the audience tears me apart during the Q&A?"

If you're thinking, "Why would I want to do something so stressful?" then remember: no risk, no reward! These fears don't have to be crippling— practice and preparation can build confidence leading up to a speech. Overcoming these fears is an empowering experience. Public speaking is a great way to show yourself that, with practice, you *can* do the things that scare you the most. What starts out as a nightmare can turn into a great self-esteem boost.

Once the nervous jitters are under control, you may discover that public speaking is actually very rewarding. It can be satisfying to explain your views to a room full of people. Having the opportunity to share a message you care about is actually pretty special. If you think about it that way, public speaking can be satisfying on a personal level.

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## 2. Critical Thinking

Public speaking is also a great way to build **critical thinking** skills. Writing a speech requires a great deal of careful thought, from the audience analysis to the outline to the conclusion.

It's not enough to have a message— you also need to figure out how to tailor the message to fit the needs of your audience. How can you make your points relevant to your listeners? How can you help the audience understand your views? Thinking in this way is a great exercise for improving general communication skills.

If you start thinking critically about your speaking style, you may find ways to improve your general communication style at home and at work.



#### TERM TO KNOW

#### Critical Thinking

The application of logical principles, rigorous standards of evidence, and careful reasoning to the analysis and discussion of claims, beliefs, and issues.

## 3. Personal Development

Communication skills are crucial for personal and professional success. Preparing a speech forces speakers to take a step back and think critically about effective ways to communicate. In day-to-day life, it is easy to fall back on communication habits we formed many years ago.

If communication is the backbone of the important relationships in your life, isn't it worth taking some time to work on it? Improving your communication skills can make life more fulfilling on many levels.

## 4. Social Connections

Are you looking for new ways to network and make social connections? Try public speaking. Giving a speech is like starting a conversation with a room full of people— and you can continue that conversation as soon as you step down from the podium. You and your audience share an interest in the topic of your speech, so you already have something to talk about! If the schedule allows, try to mingle with the audience after your speech, answering questions and seeking fresh perspectives on your topic.

Give audience members the option of getting in touch with you at a later date by listing contact information on handouts or slides. If you have a website, direct audience members to find more information there. If you are part of a speaking lineup, reach out to your fellow presenters. Congratulate them or, if you miss a talk, ask how it went. There are lots of opportunities for networking in the realm of public speaking, so plan ahead and make use of them.



#### SUMMARY

Public speaking can be intimidating, and it is actually a common phobia. There is thus **personal satisfaction** to be gained in overcoming this fear. Public speaking is also a great way to build **critical thinking** skills and further your **personal development** since improving communication skills is helpful

in every area of life. Finally, public speaking engagements are great places to meet new people and build your **social connections**.

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