

Summary of the Benefits of Public Speaking

by Sophia Tutorial



WHAT'S COVERED

The previous segments in this chapter explained how public speaking can enrich personal life, professional life, and the outside world. Still not convinced? If you worry that public speaking has nothing to offer you, or simply isn't worth the stress, then check out this brief review of the benefits of public speaking:

1. Personal Satisfaction
2. Critical Thinking
3. Personal Development
4. Career Advancement
5. Influence the World Around You

1. Personal Satisfaction

Overcome fears: Many people have a phobia of public speaking. Jerry Seinfeld put it this way: "According to most studies, people's number one fear is public speaking. Number two is death. Death is number two. Does that sound right? This means to the average person, if you go to a funeral, you're better off in the casket than doing the eulogy." Even though public speaking can be scary, it is possible to succeed in spite of these fears--with preparation and practice.

Boost self-esteem: Public speaking is quite the self-esteem booster. Overcoming the fears and insecurities that accompany public speaking is empowering. Furthermore, connecting with audiences can be a great reminder that you have valuable insights and opinions to share with the world.

Share your views with others: It can be very satisfying to share something that matters to you with people outside your usual social circle.

2. Critical Thinking

Improve critical thinking skills: The process of writing a speech will exercise and strengthen your critical thinking skills, from the research to the actual speech-drafting.

Analyze communication habits: Preparing a speech will force you to reevaluate the way you communicate and re-examine your speaking habits.



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

Improve communication skills: When you write a speech, you have to think carefully about the best organizational framework, persuasive strategy, and language to communicate your message to the audience. This type of thinking can help you improve your communication skills in other areas of your life.

Make new social connections: Public speaking engagements are great places to meet other people who share your interests.

4. Career Advancement



Impress your boss: Success in public speaking indicates creativity, critical thinking skills, leadership abilities, poise, and professionalism--qualities which are very valuable for the job market.

Gain publicity: Public speaking is a great way to bring your message to a wider audience.

Expand your professional network: Public speaking can bring like-minded professionals together to share ideas. These engagements are great **networking** opportunities!

Personalize your professional reputation: If you establish a good reputation as a public speaker, your public

persona will set you apart from the sea of faceless resumes and cover letters.



TERMS TO KNOW

Publicity

Advertising or other activities designed to rouse public interest in something.

Networking

The act of meeting new people in a business or social context.

5. Influence the World Around You

Find the right words to inspire change: Public speaking has a long history as a catalyst for nonviolent activism and political change. It is a powerful way to unite people under a common cause and motivate them to take action.



SUMMARY

Public speaking can increase **personal satisfaction**, as it can be a great self-esteem booster. Additionally, it helps improve **critical thinking** skills. Public speaking engagements are great places to meet new social and professional contacts, which can lead to both **personal development** and **career advancement**. If you would like to **influence the world**, remember that public speaking is an effective platform for spreading revolutionary ideas.

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