Heart of the Frontlines Podcast

Digital goods



Episode 4: Public Speaking related

Top takeaways

- 1. Know your audience; dress properly
- 2. Asses your audience's knowledge on the topic BEFORE you get there
- 3. Double- and Tripple-check your outfit before you present.
- 4. Always test your mic, video and audio before the presentation
- 5. Don't allow technical issues to get to you; keep talking and engage with the audience while it's getting fixed.
- 6. Invest in a remote clicker and thank me later :-)
- 7. The 20-minutes rule (break up the tone of your voice)
- 8. Don't write a novel on your PowerPoint
- 9. Try not to kill your audience with death by Power Point
- 10. Tell stories vs stats

Want to learn more about public speaking?

Take Timea's Public speaking crash course (available April 20th, 2025)
Trauma Lab



Other info

Timea's website: www.timeanagy.com

Courses: www.tconlineinstitute.com

Contact Information

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