

The Steve Jarding Method

))) No More Than 5 To Keep Your Speech Alive

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According to science, the human brain comprehends only a few spoken words at a time – four or five usually – then it needs a second to absorb the words. Yet, study shows most people speak at a rate of 10-12 words at a time before they pause to take a breath. Audiences cannot keep up with you when you do this and you will lose them.

Learning this technique will make your voice more impactful and fuller. It also keeps you from slurring words or running words together.



REFERENCE VIDEO

President John F. Kennedy - Inaugural Address
Modi Indian Prime Minister - Addresses US Congress

Another method to slow you down is to write and deliver your speech practice in Speech Font...

Speech font as a training method...

Speech Font looks something

Like the format you see

here...

No more than five words

per line

Speech font as a training method...

Only a half dozen or so

Lines per page

Written only

on the top 2/3 of the page

And written in 26 Point Font

Speech font as a training method...

With Speech Font Words

Should be written only

On one side of the page

So your words are always

in the same place when you look down

To retrieve them

Then the speaker can use different techniques to tell themselves HOW to deliver words or phrases:

Speech Font As A Learning Tool...

+

Words in Bold =
accentuation of the word

+

All capital letters = voice
comes up

+

Italics = voice comes down

+

Ellipsis (...) = pause; as
does (pause)

+

Other...

Then (you should) the speaker will put the pages in a 3-ring binder and will put the individual pages in clear plastic sleeves for easier turning