

[10 Ways to Empower Your Communication](#)

There is so much to know about communication that anyone could ever realize. You can start by watching talk shows, radio programs, clubs dedicated to public speaking, ordinary conversations, etc. Regardless of the setting and context, certain rules still apply when it comes to verbal communication. Do you know that even though it is your mouth that is doing the work which you speak, your brain works twice as hard to churn out a lot of things you know? It may sound tedious, but that is the process that goes on between your brain and your tongue or mouth. So the best way to start learning to be an effective communication is to know the very person closest to you: yourself.

1. Educate Yourself

Education is all about learning the basics, but to be an effective speaker is to practice what you've learned. My stint as guest at every Toastmasters meeting that I attend has taught me that we all have our limitations, but that does not mean we can't learn to keep up and share what we know.

2. Be Confident in Your Belief

Confidence in yourself is essential when you speak to others. One thing that is just as important as asking questions is listening to yourselves. Speak to yourself and listen to your inner voice so that you can be more confident with yourselves and say the things you believe in with conviction.

3. Be Humble

We all make mistakes in our speech. Sometimes we tend to slur our words, stutter, and probably mispronounce certain words even though we know how to say it right. However, we rarely use it only to impress listeners. So in a group, don't be afraid to ask if you are saying the word properly. If they are unsure about it then make a joke out of it. I promise you it'll make everyone laugh and you can get away with it as well.

4. Maintain Eye Contact

There is a lot to say when it comes to directing your attention to your audience with an eye-catching gaze. It is important that you keep your eye contact evenly on the general audience when talking to a large group in a meeting or a gathering. Be careful not to focus just on one or two persons in particular, even though he or she may be gorgeous.

5. Be Humorous

A little bit of humor can do wonders to lift the tension, or worse, boredom when making your speech. That way, you will get the attention of the majority of the crowd and they'll feel that you are just as approachable, and as human to those who listen.

6. Be Like the Rest of Them

Interaction is all about mingling with other people. You will get a lot of ideas from others and learn something from them. The more you mingle with successful people, you will learn how they become who they are, communicate effectively like them and be at their level in life.

7. Listen to Yourself

Admit it, there are times you sing to yourself in the shower. I do! Listening to the sound of your own voice while you practice your speech in front of a mirror can help correct the stress areas of your pitch. You can even record yourself while you practice, play your recordings back and listen to yourself. Then correct yourself and practice more. And while you are at it you can improve tremendously.

8. Smile

A smile says it all much like eye contact. There is no point on grimacing or frowning in a meeting or a gathering, unless it is a wake. You can better express what you are saying when you smile.

9. Pick a Role Model

There must be at least one or two people in your life you have listened to when they are at a public gathering or maybe at church. Sure they read their lines, but taking a mental note of how they emphasize what they say can help you once you take center stage.

10. Prepare Well

Before you make a speech, prepare for what you will say. Make the best out of preparation rather than just scribbling notes and often in a hurried panic. Some people like to write things down on index cards, while others resort to being a little more silly as they look at their notes written on the palm of their hand (not for clammy hands, please). Just be comfortable with what you know since you enjoy your work so that you will speak with more confidence.

And that about wraps it up. These suggestions may seem very simple or basic, but I've learned to empower myself when it comes to public or private

speaking and it never hurts to be with people to listen how they make conversations and meetings far more enjoyable as well as educational.

About the Author

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