



Present Like a Pro Using the Speaker Sisterhood's STAGE System By Angela Lussier

To use the STAGE System, you simply go through each step by addressing the questions in each category. It looks like this:

STYLE: How will you bring your unique personality and quirks to this speech? What will put your "stamp" on this presentation?

TRUTH: What is true about this material for you? Where is the natural connection between you and your topic? Are there stories or experiences you can share?

ART: What is the best way to share this material? Will you use humor, visuals, props, handouts, metaphor, stories, interactive exercises, or something else?

GROUP: Who is in your audience for this talk? How will you tailor your speech to match their needs and goals?

ENERGY: How will you present this material so it transfers your energy for the subject to your audience? How do you want to leave them feeling? Energized, reflective, concerned, motivated, surprised, or something else?

By going through this exercise, you will avoid using dramatic arm gestures because you'll already know that's not your style. Or, you'll dramatically gesture the whole time because that's how you feel most comfortable. You'll incorporate personal stories, use the types of tools and visual aids you like, and you'll make sure you're crafting a speech with impact because you're keeping your audience in mind when you build it. This tool is not only useful for writing speeches, it's also great for putting together courses, articles, books, and other creative offerings that require your own personal stamp.

Have fun with the STAGE System and know that it's a tool that will continue to deliver deeper and clearer results each time you use it. Don't forget that public speaking is always a work in progress and you're never done learning and growing. With this method, you're encouraged to try new things, be adventurous, and do things you think you can't do. Who knows, you might just surprise yourself.