

Secrets for Eliminating Fillers in Public Speaking



ENJOY THE SILENCE

Pauses help listeners process your message while giving you time to collect your thoughts. It also gives you a chance to take a deep breath and calm your nervous system.

PRACTICE, PRACTICE, PRACTICE

Practice helps you increase your confidence in your message, reducing the need for fillers to hold space while you figure out your next point. The more you practice, the more confident you'll be in your message.

PREPARE

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The better prepared, the more confident you are & the less need you'll have for fillers. Many things go into preparing for a speech or presentation so don't cut corners. Give yourself adequate time and set realistic expectations.