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How to speak with confidence ted talk

This is part of our monthly TED Talk Tuesday series, spotlighting can't-miss TED Talks and their key takeaways. You can learn more about our partnership with TED here. From delivering a presentation at work to having a casual conversation with a colleague, the way individuals speak can have a massive impact on their career. In fact, Julian Treasure, a sound researcher and consultant, says the human voice is the most powerful instrument in the world. But speaking in a manner that drives change isn't as easy as it seems, Treasure explains. Humans are all guilty of occasionally committing at least one of the "seven sins" of speaking—gossiping, judging, being negative, complaining, blaming, exaggerating and using dogmatism. According to Treasure, these "speaking sins" make others less likely to listen to what individuals have to say. So how should people speak so they are not only heard, but also listened to—especially in a professional environment where a well-articulated opinion can mean the difference between company success and failure? Read on for three takeaways from Treasure's TED talk below. In his talk, Treasure highlights four critical components of effective speech: honesty, authenticity, integrity and love (HAIL). These four elements can help individuals drive conversations in ways that are meaningful and thoughtful, but they are most powerful when applied together. For example, while it's important to be honest, it's also important to deliver honesty with love and care, and not in the romantic sense. Say a CEO is delivering a speech about the state of the company, and the organization happens to be going through tough financial times. It's crucial for that leader to be honest with employees and emphasize the seriousness of the situation, but also be mindful of employees' worries. Pairing the honesty with sensitivity to soften the blow is critical, Treasure says. In addition to using the HAIL strategy, Treasure also recommends that individuals become more aware not only of what they say, but also how they use their physical voice. Using a lower register may make a voice sound more powerful and authoritative, while eliminating song-like prosody (or intonation) could help give an uncertain voice weight. For example, a new employee that still feels timid in company meetings might unknowingly let her voice get progressively higher as she speaks, which makes statements sound like questions—this is prosody at play. Keeping the voice steady and letting statements stand can create more vocal confidence for the listener and the speaker, Treasure says. In other words, if that employee has a novel idea, it's much more likely to gain traction if it's delivered confidently. In the age of social media, it's easy for nearly everyone to share their opinions with a massive audience. But the world is noisy and attention spans are short. Increasingly, Treasure says, people have learned to tune out what they deem to be irrelevant to the point where they might be missing voices that are adding real value. The only way to be heard today? Learn to speak in a way that sets you apart from the loud environment you're in—like a conference room full of stubborn executives. It'll require adopting the tactics Treasure outlines in his talk, but if you and your employees can get out of your comfort zone and start speaking with purpose, you'll hear a distinct difference—and make one, too. Skip to main content! Skip to search! The fear of public speaking is one of the most common fears. The mere thought of speaking in public can bring up feelings of anxiety, but there is a secret you can use to learn how to speak with confidence. People often think public speaking is only when you speak to an audience, but every day, you're speaking in public. You do it when you talk to your colleagues, community, friends, and even family members. When you watch How To Speak With Confidence, you'll enter into a world where we bring the topic of anxiety and the fear of public speaking to the forefront so it can be opened up, normalized, and discussed. When these topics are discussed, it allows you to see what steps you can take to reduce the anxiety and fear of public speaking, so that you can gain the confidence to speak your truth in any situation. Lucas shares vulnerable personal stories to connect you with the journey. One such story is how a martial arts instructor said 7 words that changed his life from being a person that struggled with anxiety and panic attacks for 15 years to becoming a person that regained control of his life, overcame anxiety, gained confidence, and became happier. In this talk, How To Speak With Confidence, Lucas Mattiello delivers the keys you need to speak your truth, which will help you in all areas of your life. Because while it may be scary to speak your truth, when you don't, it often leads to frustration, anxiety and regrets. But when you gain the ability to speak your truth, it often leads to increased confidence, happiness, and fewer regrets because you're saying what you truly believe. How To Speak With Confidence includes the 3-steps to "Reclaim Your Voice" which allows you to overcome the fear of public speaking and gain the confidence to speak your truth in every situation. This is a powerful model for communicating what you really want to say, instead of being held back by fears and anxiety. Lucas believes learning how to speak with confidence has the ability to change your life as you will become happier, your confidence will increase, and you'll become a role model for others by demonstrating that instead of fearing public speaking, it can be a powerful tool to change your life, and make a greater impact in the world. Lucas Mattiello - Levelupliving.com, @lucasmattiello - is an international speaker and Founder of Level Up Living Lucas is a leader in helping entrepreneurs to speak with confidence, where he specializes in helping clients overcome the fears that have held them back from sharing their message in a bigger way. Lucas believes that most people come into this world with more self-expression and happiness because as children we mainly only speak our truth. But then in our life we experience situations and events where it doesn't feel safe to speak so we begin to hold back from sharing our voice and this common situation is a main factor in why the fear of public speaking is normalized. By reclaiming our voice, this is where we regain the ability that we had as children to freely express ourselves, have more happiness, and speak our truth. And in doing so, we create a powerful new normal in which we gain the confidence to share our message freely and change our life. This allows us to become a role model to create a new normal of speaking our truth, which provides the inspiration for others to reclaim their voice. "This talk was presented to a local audience at TEDxTenayaPaseo, an independent event. Read more about TEDx. TEDx was created in the spirit of TED's mission, "ideas worth spreading." It supports independent organizers who want to create a TED-like event in their own community. Find a TEDx event near you! 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