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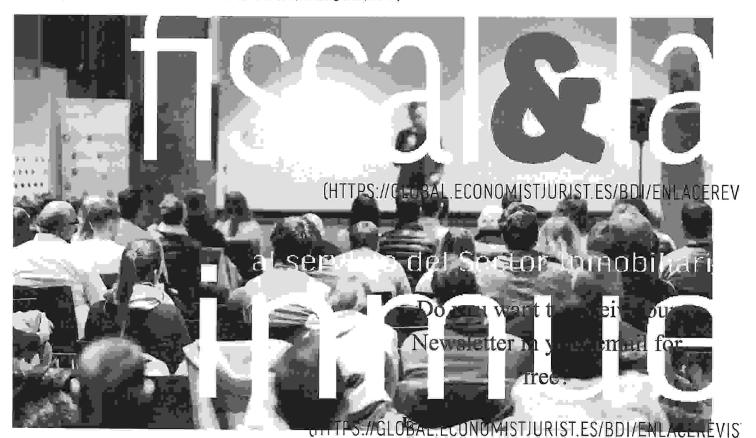
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ps: DOOKS On public speaking and apply its
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principles

"All lawyers should master pratory or the art of speaking eloquently"



(Photo: E&J

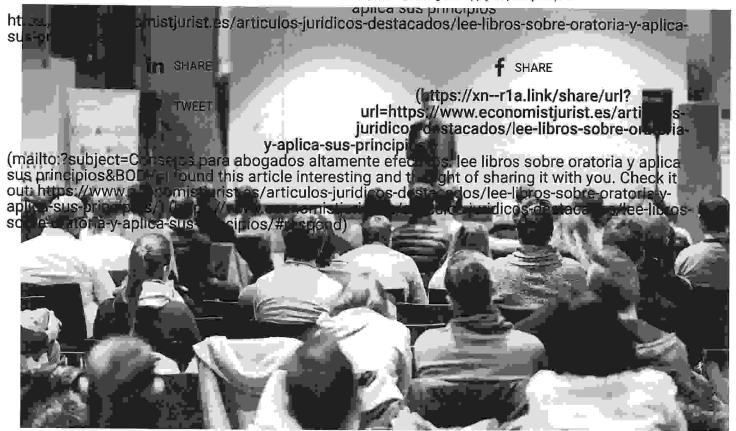
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ll of us lawyers should master oratory or the art of speaking eloquently. Each of us has had occasion to speak in public, at school, at a family reunion, at a sporting event, in a play, etc. Regardless of how we felt those first times before a more or less crowded audience, we remember that experience of addressing a group of people who look at us and wait for us to pronounce our words.

The best way to overcome the fear of public speaking and speak freely and comfortably is by doing it, even if it is hard for us. Because precisely that daring will show us that we are capable of doing it. Of course, we must trust ourselves to take that step: it is not only doing it, but trusting that we are going to do it well. Because we have confidence in ourselves, for that and for more difficult companies Newsletter in your email for

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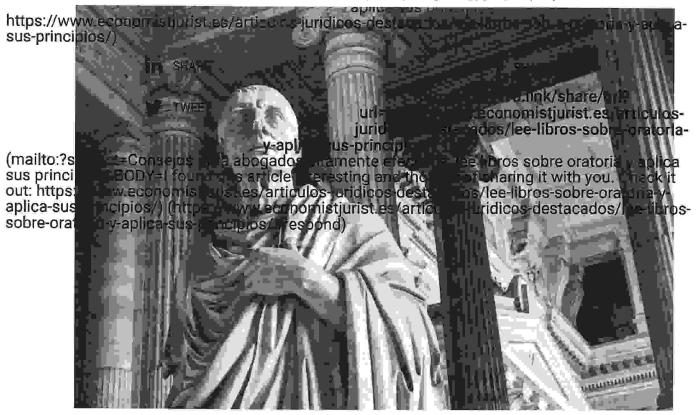
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Cicero took drama lessons to overcome his shyness to speak in public (Photo: Center for Legal and Constitutional Studies)

Cicero took drama lessons to overcome his shyness in public speaking. Churchill took lessons to overcome his fear and difficulty in public speaking.

For me it was very important to discover **Dale Carnegie** 's books when I was fifteen years old and to speak in public it was fundamental to read his work "How to speak well in public".

Like any schoolboy, I had gone out more than once to present a topic in front of the whole class, observing the serious face of some, the smiling face of others, the mocking expression of some. In the church I was an altar boy and I addressed all the parishioners reading the Gospel. And there were other occasions, of course. Do you want to receive our

Newsletter in your email for The aforementioned book by Dale Carnegie was different from others. I had read and it gave me a lot of confidence, it made addressing a large number of people like speaking at the table in front of several relatives. Indeed, Carnegie makes it easy for you to take that step by giving examples and recommending a few made and recommending

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There are three core tenets of Dale Carnegie: know what to sa subscribe onviction, and

say it wiredly and clearly. His book and his courses will be useful to us.

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2. Offer an idea in a meeting.

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3. Converse fluently.

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- **2.** Be brief, clear and believable
- 3. use humor
- **4.** The speech must have rhythm
- **5**. project your voice
- **6.** memorize your speech
- 7. don't talk too fast
- **8.** be spontaneous
- **9.** Trust yourself
- **10.** practice with people
- 11. take over the stage
- **12.** overcome the nerves
- 13. Be yourself
- 14. be brief

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"It was very important for me to discover Dale Carnegie's books" (Photo: File)

The point is that with these rules and daring to go out and speak in public in my class, I ran for class representative against other competitors, being elected several times in high school. At the university I was a student representative and I addressed more than three hundred students in the main hall. Afterward, I followed the Dale Carnegie Course for fourteen four-hour sessions. The first day I spoke for thirty seconds; the last, for ten minutes.

When I joined the bar association, I began to attend criminal trials from the first days, realizing how much that learning had served me. Later, they interviewed me on television and radio, I gave conferences, press conferences. I have had the last conferences in recent weeks at the National Congress of Young Lawyers, the Madrid Bar Association and at the Congress of the National Council of Law Students (Conede).

I believed in the principles of Dale Carnegie, in his book and in his course. Falso took a specific public speaking course with recordings of lowsplettes in a specific public speaking course with recordings of lowsplettes in a specific public speaking course with recordings of lowsplettes in a specific public speaking course with recordings of lowsplettes in a specific public speaking course with recordings of lowsplettes in a specific public speaking course with recordings of lowsplettes in a specific public speaking course with recordings of lowsplettes in a specific public speaking course with recordings of lowsplettes in a specific public speaking course with recordings of lowsplettes in a specific public speaking course with recordings of lowsplettes in a specific public speaking course with recordings of lowsplettes in a specific public speaking course with recordings of lowsplettes in a specific public speaking course with recordings of lowsplettes in a specific public speaking course with recordings of lowsplettes in a specific public speaking course with recordings of lowsplettes in a specific public speaking course with recordings of lowsplettes in a specific public speaking course with recording speaking cours

I should also mention the book "Learn to speak in public today" by José Antonio Vallejo-Nágera, How to speak in public without fear, by Diama Dacharand Union and Inpublic by Warand Pichenty Cookies to collect informa

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