

Public speaking skills

for Global leaders



Session #3: Stage presence in global forums

2025





Stage presence in global forums

From the inner voice to the global stage

Public speaking skills for global leaders

Session #1

Recognize the power of your own voice as a vehicle for transformative leadership and personal power.

1

2

Session #2

Structure and tell stories using emotional connection tools for global impact.

Session #3

Develop stage presence, confidence, and adaptability to speak on international and multi-arena stages.

3

4

Mentoring sessions

Group, peer, and individual sessions with the lead voice.

Session #3: Stage presence in global forums

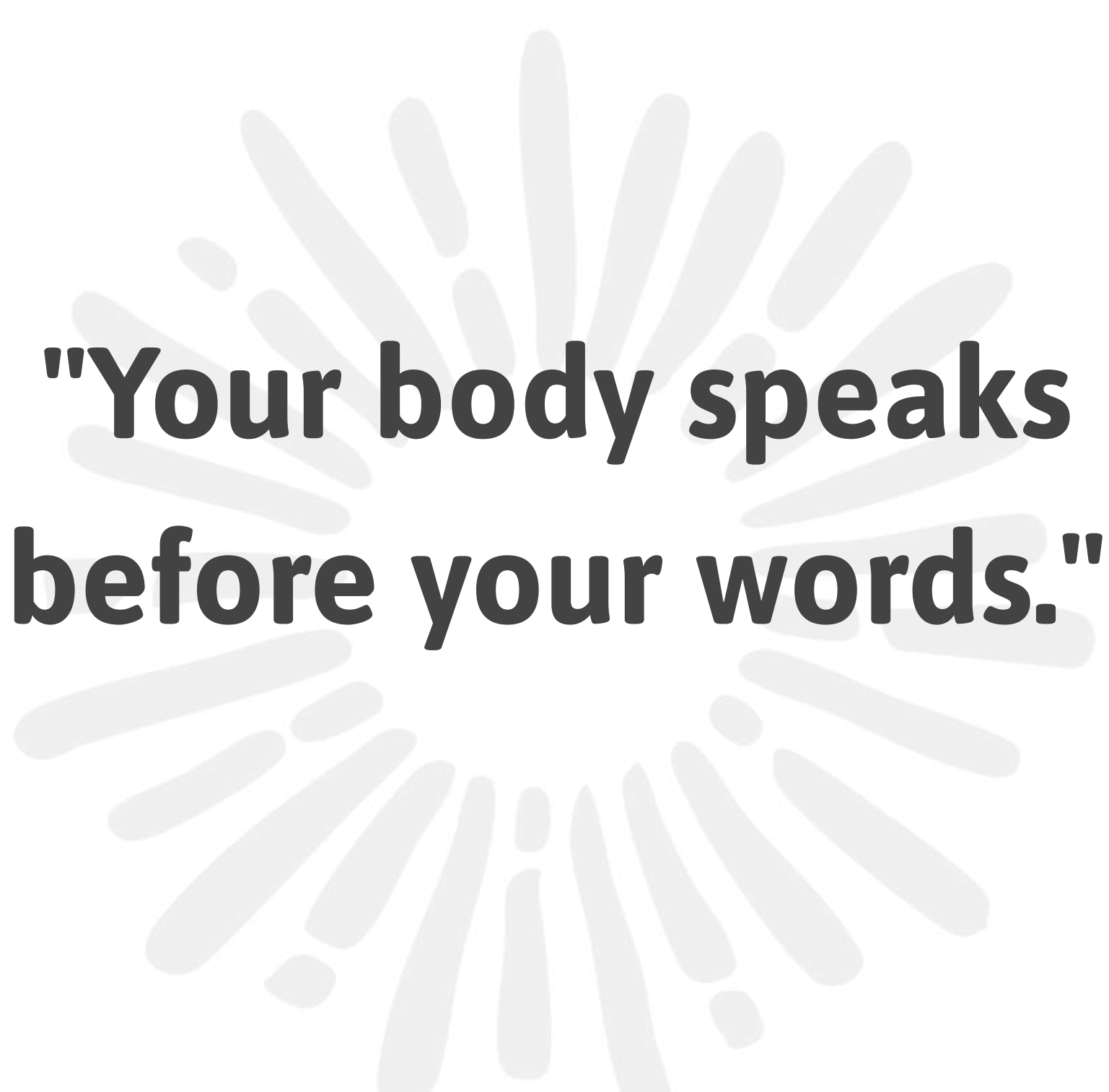
From the inner voice to the global stage

- ✓ Managing stage presence using voice, breathing, and body language.
- ✓ Reflect on your leadership and public identity.
- ✓ Deliver a short, impactful speech tailored to international audiences.



🗣️ How are you feeling today?

Describe it with a word or a gesture.



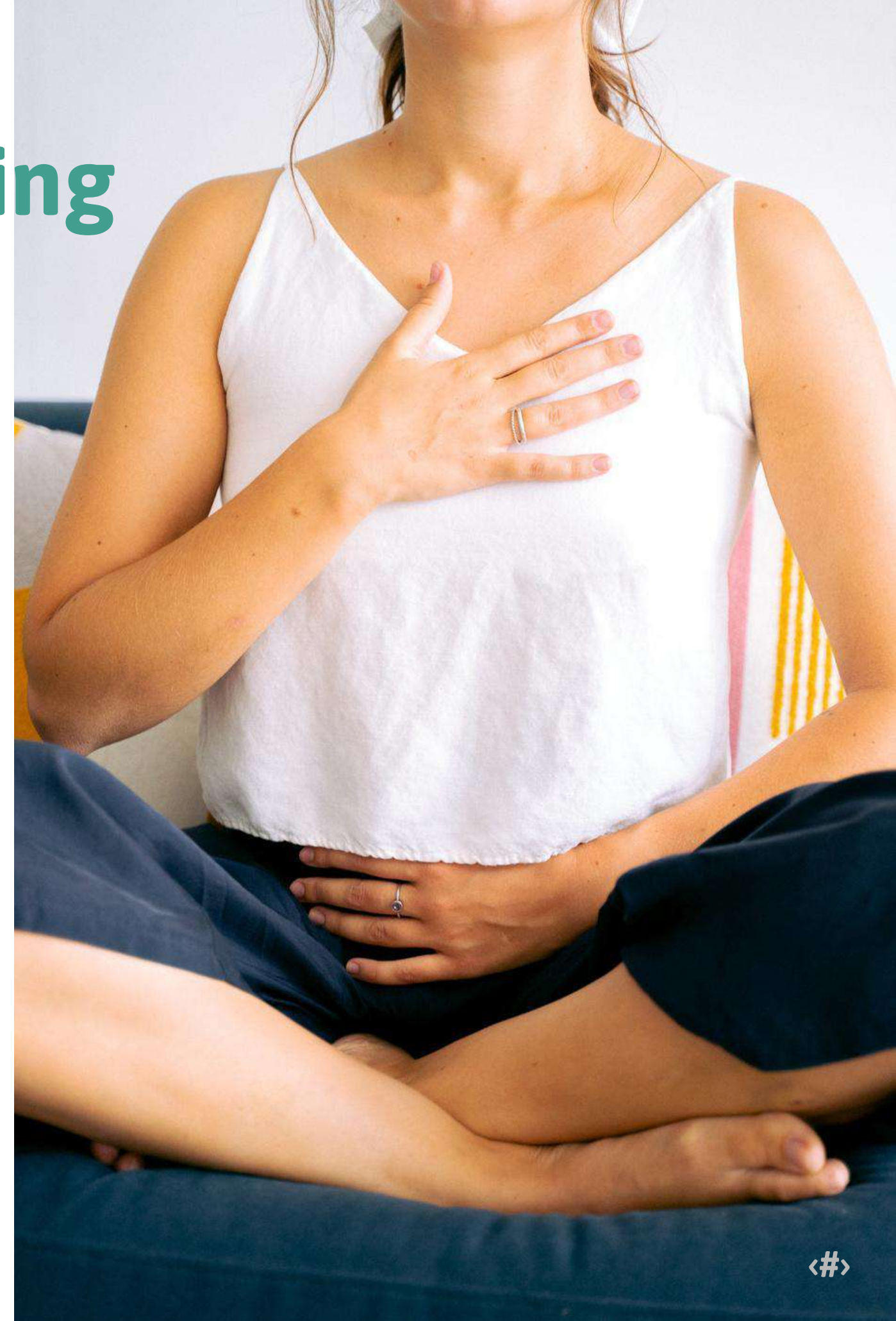
**"Your body speaks
before your words."**

Warm-up: vocalization and breathing

- 4-7-8 breathing to calm nerves,
- Vocalization with sounds and resonance (A-E-I-O-U),
- Shoulder and jaw relaxation.



When we relax these areas, the brain interprets that it can reduce stress. In 3 minutes, you will have new energy to speak.



Warm-up: power poses and body language

- Power and confidence poses (Amy Cuddy),
- Movement on stage: anchors and movements,
- Strategic eye contact.



Power poses can increase feelings of power and reduce stress by increasing testosterone (confidence) and reducing cortisol.



The voice with impact

- Use rhythm and pauses for emphasis.
- Vary tone and volume to maintain attention,
- Avoiding filler words and monotony.



Read the same sentence in a flat tone and then with pauses and intonation so that they notice the difference. The human auditory system interprets tone as a clue to better understand what is being said.





Reflection:

Leadership and public identity

- What image do I want to project as a global leader?
- How do I want my voice to be remembered?
- What strengths do I want to express/were expressed on stage today?

Individual writing exercise (5 min) + voluntary sharing.

Leading voices



AMY CUDDY

Body language shapes our
identity



BARACK OBAMA

Barack Obama's techniques



MICHELLE OBAMA

Michelle Obama: speech as
First Lady



**"Authenticity, your new sexy
and superpower"**

--Joanna Prieto, CEO Geek Girls LatAm

UN/TEDTalk simulation (on video)

- 2–3 minute presentation per participant.
- Recording and group review.
- Feedback with simple rubric (clarity, voice, body language, connection).

Notes: Suggested time: 2 min presentation + 2 min feedback per person.



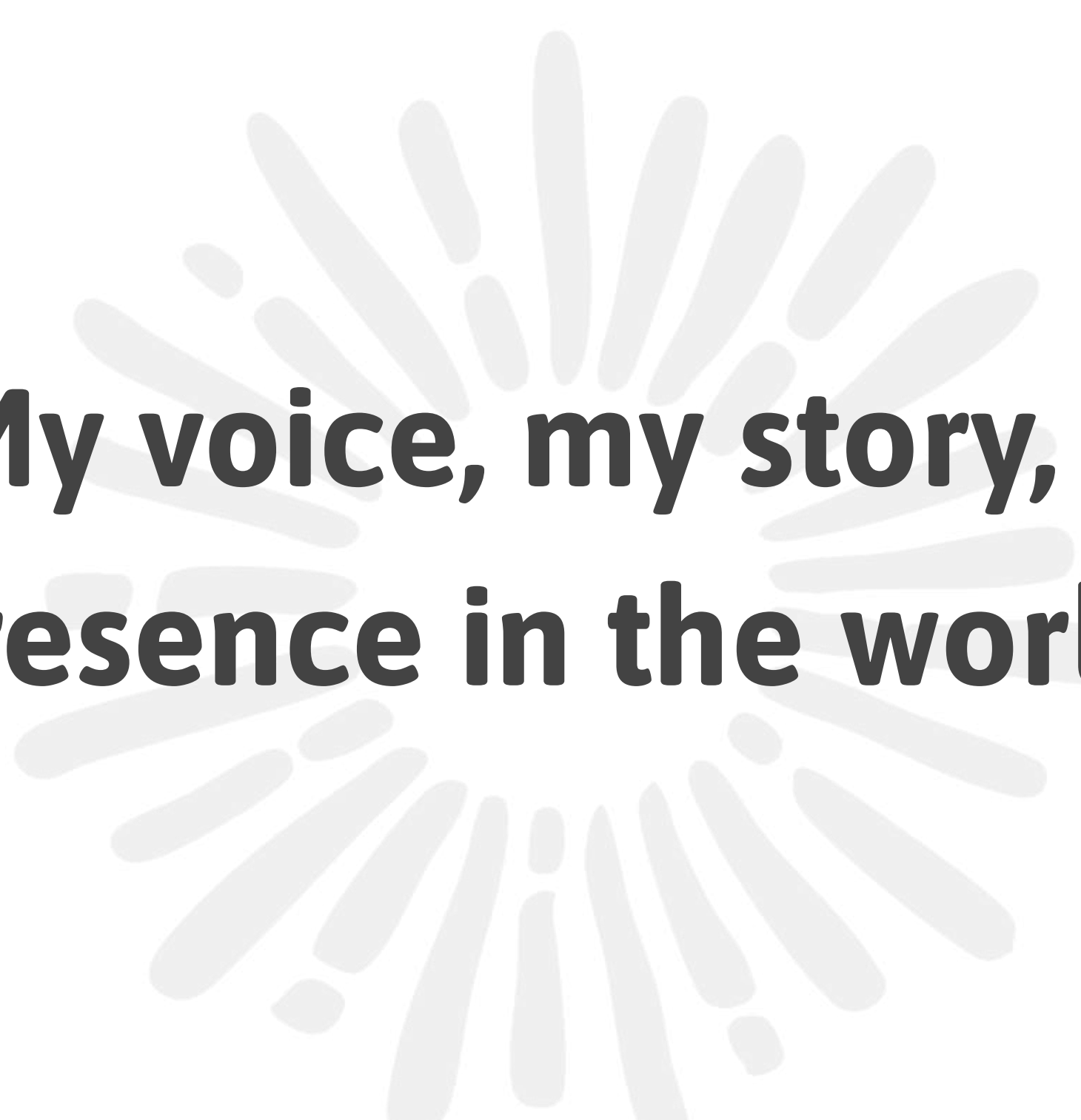


Manifesto of my leading voice

- Each participant reads a personal manifesto sentence.

Example: "My voice is strong and brings justice to my community."

- Feedback, ritual, and collective celebration.



**“My voice, my story, my
presence in the world.”**



🗣️ What are you taking away today, and how are you leaving?

Share with the group

Thank you!



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