

Beginner's Guide to Public Speaking

Master public speaking with this beginner-friendly online public speaking course designed for early-career professionals, team leads, and anyone hoping to improve their public speaking skills. Learn proven vocal warmups and confident vocal delivery techniques, powerful body language cues, and structured speech frameworks to manage nervousness and engage audiences. Get practical tips from experienced public speakers, build stage presence, and boost your presentation skills for meetings, pitches, and client presentations. Gain clarity, confidence, and impact in every talk.

[CBT Nuggets course material](#) →

WEEK 1

Beginner's Guide to Public Speaking

Public Speaking Overview

Vocal Warmups

Vocal Delivery

Body Language

Leveraging Nervousness

Structuring Speech Effectively

Practical Tips