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Message from Maria ...

Hi everyone

Winter has well and truly arrived! For my readers in the Northern Hemisphere I hope you're enjoying warmer weather!

During the month of May I had the pleasure of presenting to the Institute of Public Accountants Professional Development Forums for both Burwood and Parramatta. Thank you for your warm welcome and lively discussions!

Last week, we co-hosted with **The Parramatta College** a morning tea as part of Australia's Biggest Morning Tea to raise money for cancer research. **Thank you** to those of you who supported our morning tea! A big thank you to The Parramatta College for co-hosting the event.

Photos from the morning tea can be found on our website and on our [Facebook page](#).

We're still accepting online donations at the [Cancer Council secure website](#). The final amount raised will be published on our website and Facebook page shortly.

This month's article - **The power of the pause** - looks at the benefits of pausing when giving a speech or presentation.

As always, we welcome your questions, comments and article ideas. [Contact us](#) at any time or simply reply to this email. A big thank you to those of you who contacted me with feedback on the **May Newsletter!**

Happy reading!
Maria



PS: A special welcome to our new subscribers!

The power of the pause

Have you ever listened to a presentation where the speaker constantly used fillers such as 'um' and 'ah'?

I once listened to a presenter who for the whole presentation used fillers. It became quite distracting. People often use a few when they're nervous. However this person went to the extreme. For every 'real' word, I then heard one to two fillers. Do you think I remembered his message? No I didn't. Yet to this day his fillers are still prominent in my mind.

Many people don't realise that they're using fillers until it's pointed out to them. Once they're aware of them they can then work on reducing or even eliminating them altogether.



Impact of fillers

Fillers are words or phrases - such as 'um', 'ah', 'you know', 'so', 'like' - which are used in a speech or presentation to allow the speaker time to think.

Over-use of these fillers weakens phrases, becomes distracting for the audience and results in the message of the presentation having less impact or even being lost.

Using the pause

In the movie **The King's Speech**, there's a scene where King George VI is preparing to address the British people as war has just been declared on Germany. His speech therapist, Lionel Logue, is coaching him through the speech and makes the comment:

'Turn the hesitations into pauses. Long pauses are good. They add solemnity to great occasions.'

This is true for any speech or presentation. Powerful speakers use the pause effectively.

How else can the use of the pause be of benefit to you?

Key points

Pausing after a key point gives your audience a chance to think about what you've said. It brings focus to your key point.

It's been found that when a group has had time to think within a presentation about what's been said, there's a greater chance of later recalling the key points of the message.

Voice

Pausing slows down your pace and gives you a chance to breathe so that you can use your voice more effectively to deliver your message.

Time to think

Pausing allows you to re-gain your composure, giving you time to think while minimising the fillers.

Is it easy to do?

Many people don't feel comfortable using pauses when speaking. A pause can seem like an eternity. Our sense of time changes under pressure. When we're speaking to a group our rapid heart rate will convince us that a second is a minute.

Your audience will gain from your willingness to pause during a presentation. The message of your presentation will more likely be remembered and the experience will be more enjoyable for your audience.

You'll find that with practise the dreaded fillers will reduce to the point that pausing will replace the fillers of the past.

Experience the power of the pause!

Do you need assistance in preparing for your next presentation?

Infinite Growth provides coaching services and workshops in **presentation skills**.

The workshops and coaching sessions are customised for you and delivered at a time and location convenient for you.

Contact us for information about our **presentation skills** program, **packages** and other **services**.

About Infinite Growth



Infinite Growth is dedicated to helping businesses grow by providing a personalised service.

Contact us for information on how we can help you.

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