

National Speakers Association Award – New England (NSA-NE)

June Fabre, MBA, RN has been chosen by the National Speakers Association-New England (NSA-NE) to receive the Helping Hands Award, one of three awards given to recognize excellence during this past year. Fabre has also been reelected to the Board of Directors of NSA-NE for 2003-2004. NSA-NE, an award-winning chapter of the National Speakers Association (NSA), is the leading New England organization for experts who speak professionally. NSA-NE provides resources and education to advance the skills, integrity and value of its members and the speaking profession.

Fabre, President of Smart Healthcare LLC, is a professional speaker, consultant, author, and practicing clinical nurse. She focuses on positive healthcare change with a special emphasis on the nursing crisis. She works with individuals and organizations to achieve profitability, cooperation and respect by blending healthcare knowledge with business expertise. Her vision statement is, “Speaking up to make a difference in the lives of patients and healthcare professionals.”

Use June’s list of 10 Tips for Public Speaking Excellence to improve your own presentation skills. June presents a limited number of programs to community groups on such topics as Turn your Challenges into Opportunities, Public Speaking excellence, and How to be a Smart Healthcare Consumer.

June is a past president of Manchester Toastmasters, and a member of Toastmasters International, The Derry Writers Group, the New Hampshire Nurses’ Association and the American Nurses Association.

For more information, contact June Fabre at info@june-fabre.com or (888) 844-8004. Visit www.junefabre.com or write 18 Nichols Road, Amherst, NH 03031.

To learn more about the speaking industry or to find speakers on specific topics, visit the following web sites: NSA-NE (nsanewengland.com) and NSA (www.nsapekaer.org).

10 Tips for Public Speaking Excellence

by June Fabre, MBA, RNC

1. **Choose a topic that you now and love.** You will have natural confidence when you are an expert in your topic.
2. **Assess your audience.** Talk with several audience members a few days prior to your speech. Meet and greet people when they arrive. Include questions for the audience during your program.
3. **Develop a theme with three main points.** Having a few well-developed points gives your audience more value. Save additional information for your next program.
4. **Speak from the heart.** When you speak from the heart you have genuine charisma.
5. **Explain your points with humor and personal stories.** People remember your points better when they laugh, and humor helps you to relax as well. Personal stories enable audiences to apply your suggestions.
6. **Include at least one old favorite and one new idea in each program.** Using an old favorite builds confidence and raises audience satisfaction. Trying a new idea in each program expands your repertoire of program possibilities.
7. **Practice, practice, practice.** When you know your speech well, you will be able to concentrate on delivery.
8. **View your audience as friendly supporters.** You will reduce anxiety and increase audience rapport.
9. **Involve your audience.** People learn more when they participate in education programs.
10. **Enjoy yourself.** Your own enjoyment is directly related to your audiences' response.

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