George Jessel once said, “The human brain starts working the moment you are born and never stops until you stand up to speak in public.” Public Speaking. Did those words send a chill down your spine? Chances are, sometime in your life you will be asked to speak at an occasion or event. If you are like most people, just the thought of speaking in public makes you want to head for the hills. Many studies have found that public speaking is the number one fear among most people, outranking flying, spiders, snakes, and even death. Picture this – most people would rather be IN the casket than be giving the eulogy! Ironically, it is also one of the skills that can make or break a person’s career. Even those who exhibit the most impressive public speaking skills don’t necessarily enjoy it. What’s up with that?

Why does the fear of public speaking top most everyone’s phobia list? I would venture a guess that it’s not really speaking in public that strikes fear into the heart of the most stout-worthy but rather the fear itself. Do you have a fear of looking foolish or a fear of failing? Perhaps you had a bad speaking experience in the past or you have comfort zone issues? Regardless of the fear, there are a few ways to sabotage your presentation.

- Starting and ending your presentation with a whimper instead of a bang.
- Failing to “work” the room. Get to know your audience.
- Reading your speech. Your audience wants to see your eyes!
- Using someone else’s stories. Your audience wants to hear from you.
- Speaking without passion. Don’t sound like Charlie Brown’s teacher!
- Letting your nerves get the best of you. Learn relaxation techniques and breathe!
- Failing to be yourself.
- Failing to understand that speaking is an acquired skill. Make a point of getting invited to speak at different occasions.

“There are always three speeches for every one that you actually give. The one you practiced, the one you gave, and the one you wish you gave.” (Dale Carnegie) The experts tell us that the best way to achieve a dynamite presentation is to be prepared and practiced. However, there are a few more ways to achieve the desired results when speaking in public.

- Know your material. “The best way to sound like you know what you’re talking about is to know what you’re talking about.” (Author Unknown)
- Know your audience. Understanding who your audience is will help you tailor your message to them.
- Practice, practice, practice. It’s one thing to write the words, it is another thing to actually hear what they sound like as you are speaking.
- Relax.
- Visualize yourself giving your speech. Positively see yourself successfully giving your speech.
- Know the room. How big is it? What about seating? Can everyone hear you?
- Realize that people want you to succeed.
- Never apologize for your nerves. Many times you are the only one who can “see” how nervous you are.
- Concentrate on the message – not the medium.
- Gain experience.

Franklin D. Roosevelt said it best, “Be sincere; be brief; be seated.” No matter the occasion, no matter the fear, you can learn to be a successful public speaker. Utilize the tips you have been given and go for it!
IN THE KNOW: RELAY FOR LIFE

By: Matthew Bullard

It is time to get involved for a great cause! Join The TLS Mighty Ducks and help us be the team to raise the most money for the American Cancer Society. Relay For Life is an eighteen-hour event that kicks off April 16, 2010 at 6:00pm until noon on the 17th. Don’t worry, Relay For Life is not an eighteen hour relay in the literal sense! There is a list of activities including live music, team laps, laps for those who have survived cancer, a hope celebration, and games throughout the night. Help TLS beat its $3,500 goal by signing up at http://main.acsevents.org/goto/tls. Once you have joined the team, you can navigate the website to find a number of different ways to gather donations for the cause. If you have any questions regarding RFL, you can contact our team leader and Relay For Life Chair Ben Richards at benrich49@hotmail.com. If you cannot stay the entire eighteen hours, Ben can help to schedule a time slot that works for you. We hope to see you there and remember ducks quack together!

IMPORTANT SPRING DATES

March 24  General Meeting  9:00 pm
          RM 42/1020
March 26  Big Sea Day Tour  7:30 am - 4:00 pm
April 14  TLS Meeting and Elections 9:00PM - 10:00PM
April 16-17 Relay for Life, UNF Amphitheater
April 23  T & L Flagship Spring Banquet, 6:00PM - 8:00PM,
          UNF University Center

PROFESSIONAL SPOTLIGHT: THE PROPELLER CLUB OF JACKSONVILLE

The Propeller Club of the United States is a grassroots, non-profit organization, whose membership resides throughout the United States and the world. It is dedicated to the enhancement and well-being of all interests of the maritime community on a national and international basis. The Propeller Club aggressively promotes the maritime industry through many of its programs and partnering with other similar organizations. Our goal is to educate legislators and the public as to the importance and necessity of all waterborne commerce.

Chartered on November 17, 1930, The Propeller Club of Jacksonville is one of the oldest continually active clubs in the nation. The club numbers more than 240 members and remains dedicated to the promotion of the maritime industry in the port of Jacksonville. TLS is a Student Port of the Propeller Club, one of only 25 nationwide. Each year the Propeller Club sponsors “Big Sea Day”, a very special tour of the Port of Jacksonville.

GET TO KNOW: ROBERT GARCIA

I am a Senior, Double Major, Transportation & Logistics and Business Management. I am Co-Editor of the TLS Newsletter and I am very proud of every edition that we put out because I believe it should be a reflection of the Program and the students. I would like to thank everyone who has provided any feedback on the newsletter. I am excited about what is to come for my future after graduation. I believe the T&L program and TLS have definitely provided me with an invaluable experience. This past summer I was able to get an internship with the FTA and worked for the JTA. My internship exposed the importance of networking and building valuable professional relationships. During my internship I was able to attend my first major professional conference on a national level and visited the FTA Headquarters in D.C. I have made many friends during my time at UNF that I know I will continue to maintain throughout my professional career.

TLS Voted UNF’s Club of the year for 2003, 2008, 2009