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## **PUBLIC SPEAKING**

*Стаття присвячена мистецтву говоріння на публіці. Автором вказано на психологічні перепони, що заважають вільно виступати, запропоновано методи подолання труднощів спілкування та публічного виступу.*

**Ключові слова:** публічний виступ, спілкування, вимова, мовець, техніка спілкування.

*The article is devoted to the art of public speaking. The author points out the psychological barriers that prevent free speech, proposed methods of overcoming difficulties in communication and public speaking.*

**Keywords:** public speech, communication, pronunciation, speaker, communication technique.

Nowadays there are many professions, situations that require systematic public communication with other people.

The contact and mutual influence between the speaker and the audience takes place at a fairly deep psychological level. The article aims to research methods that help people to be confident, to boldly keep themselves in front of the audience, to know how to convince and properly present important information. It

is a topical issue for a modern person, whose job involved public speaking. In this article, we considered some methods to improve language skills with help as videos, movies, books, and series.

In modern society, there is an urgent need for people of a personal type who can think, persuade with a living word, motivate to action. The art of persuasive communication is the foundation of the professionalism of workers in all spheres of public life. Oratory is a means of communication between people, expression of thoughts, feelings, and expressions of will. The art of speech has always been and remains a hallmark of a democratic society, in which the ability to communicate with other people, the ability to speak in front of the public, subordinates, the ability to persuade them in communication, to motivate to action. It is important that the spoken word works, that it is remembered, that it remains in the minds of others. Oratory is the art of influencing listeners: their minds, feelings, moods, desires, actions, and deeds. The art of public speaking is of great importance as a tool for all who use the word in the performance of their official functions and communication.

A necessary factor is our voice - the sound that a person reproduces using vocal cords. First of all, it is important to learn how to make the right sound. It can be made with special exercises. To develop the mobility of the voice, you should perform the following exercise: choose your favorite poem and try to read each line, raising the tone of voice (as if walking up the stairs), and then - "go down" the voice down. The next point to proper pronunciation - spectacular pauses. If the speaker pauses during the speech, the speech becomes lively, on the contrary without pauses; it is dead, ineffective, and unable to influence the audience. Pauses give the possibility to a listener the time for thinking, analyzing, getting a feel. Pauses intrigue listeners, arouse their interest. It is important to learn to use logical, grammatical, logical-grammatical, rhythmic, and psychological (sensory) pauses. We hear their examples every day in the speeches of TV presenters, journalists, media figures, and actors.

Without their understanding and consideration, it is impossible to convey the

emotional meaning of speech. The best exercises are composing a speech score, recitation workshop, theatrical sketches, which occupy an important place during rhetoric training sessions.

It is important to be able to determine the logical emphasis in the text. The most valuable words are used to express the meaning of a sentence. The method of "skeletalization" is very effective. For example: in the sentence "Who goes in bad weather in that dense forest?" the technique of "skeletalization" will suggest that the main, valuable words (skeleton) are "Who goes to the forest?" They need a logical emphasis (voice amplification). However, keep in mind that logical emphasis has other dimensions: raising the voice and slowing down.

And the most important thing in each debate is the energy of a speaker. As a rule, for effective communication the following techniques are used:

- movement: every step from the listeners is a minus, and every step towards the listeners is an increase in influence;
- use of gestures: wide and active gestures charge the audience, in slow and small - reduces energy;
- change of intonation: speaking louder and more silent.
- the emotionality of the speaker: the more emotions in the speech, the stronger the energy;
- maintain eye contact.

The methods that help to overcome fear during public speaking are regular breathing, helpful gestures, physical shaking, and self-suggestion. For example, at the level of self-suggestion, it is worth saying the following text in our head several times: "I am calm; I look confident; I keep myself free; I own myself; my voice sounds even, beautiful; I pronounce the words clearly; I breathe calmly; I am glad/happy to speak in front of the audience; I have cheerful mood; I'm interested in speaking; I have something to tell the listeners; I'm emotional. »

Quite often, fear arises when the speaker does not allocate enough time to prepare for the speech, the higher level of readiness of the speaker, the less fear he has.

The watching of movies also helps people to speak more confidently in public. We offer some examples. The first is a historical drama "The King's Speech". An incredible film tells the story of a king who was terrified of public speaking. This film has many examples and for public speaking.

The second is the science fiction film "Transcendence". The film is full of scenes with public performances of supporters and opponents of technical progress. It is an excellent example of argumentation in public space.

The third is a romantic comedy "Larry Crown". It teaches how to speak in public, the film helps to learn how to reduce anxiety before a performance, how to maintain eye contact with the audience, what exercises will prepare your connections before going to the microphone, how to use humor during a performance.

The fourth film is "The Great Controversy" is directly about the art of public speaking. The debate coach shows many strategies, techniques, and facts.

One else example is "Marvelous Mrs. Maisel." Techniques that hold the attention of the public are in each series of this wonderful guide to public speaking and a sense of humor.

In the conclusion, the main methods, and techniques used for public speaking give self-confidence. When we are internally calm, it is much easier for us to broadcast a positive vibe to the people around us.

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## **ANALYSIS OF SEEDING PEAS (PISUM SATIVUM) IN ODESSA REGION**

*У статті подано аналіз динаміки планового обсягу виробництва насіння гороху посівного в Одеській області за останні 2 роки у розрізі сортів.*

**Ключові слова :** *горох, сорт, Одеська область, насінництво.*

*The article presents an analysis of the dynamics of the planned production of pea seeds in the Odessa region for the last 2 years in terms of varieties.*

**Keywords:** *peas, variety, Odesa region, seed production.*

Peas are one of the most important legumes in the world. Pea grain contains from 16 to 36% of protein, which is complete in amino acid composition and is digested 1.5 times better than wheat protein. Flour and pea meal are used as an important concentrated feed, 1 kg of which contains 1.17 feed units and 180-240 grams of digestible protein. Due to the high content of protein in green mass, hay, silage and pea straw, it is indispensable in the diet of farm animals.