

EP 307: Peter Novak

Key Takeaways

Emphasize What Matters

Using pace, rhythm, emphasis, and intonation intentionally makes your message clearer and communicates confidence.

Speak With Conviction

Slow down, emphasize your key ideas, and use downward inflection to communicate authority and build trust.

Activity 1

Map Your Message

Choose a short speech, presentation, or message you're preparing. Use speech-to-text to create a transcript, then underline the words that carry your main ideas. Divide your sentences into thought clusters by adding pauses where one idea ends and another begins. Finally, mark where you want to emphasize a word, slow down, or change your intonation. Read the message aloud using your notes. Does your delivery make your main ideas easier to follow?

Activity 2

Own the Ending

Choose three sentences you might say in an upcoming presentation, meeting, or conversation. Record yourself saying each one naturally, then record it again while slowing down toward the end and finishing with a deliberate downward inflection. Listen to both versions. Which sounds more confident and decisive? What changes when you take ownership of the end of your sentence?

Today's Tip: Try the 3 C's

Peter's recipe for successful communication is Comfort, Conversation, and Conviction. Aim to sound natural, connect conversationally, and communicate your ideas with confidence.

**Think Fast
Talk Smart**

