

## **How to Rock a TED Talk**

by Cathey Armillas

### **Intro:**

Have you been thinking about giving a TED Talk but don't know where to start?

Maybe you're not sure how to get selected, let alone how to prepare and deliver the talk.

You will learn insider information from Cathey Armillas, organizer and speaking coach for TEDxPortland, one of the largest and long-standing TEDx events in the world.

She has given a TEDx Talk herself and is a professional speaker. She's also coached celebrities, veterans, industry experts and people with good ideas deliver the best presentations of their lives.

And now she's going to help you.