BEST APPS…

UMMO

Helps you avoid "ums," "likes," and other distracting filler words by highlighting them as you speak or providing a tally once you're done talking. **LikeSo** (iOS) and **Um Counter** (Android) offer similar help.

CONFIDENT PUBLIC SPEAKING

Provides 10-minute guided meditations to help anxious speakers calm their nerves before taking the stage.

PROMPTSTER PRO

Turns a smartphone or tablet into a teleprompter, so you don't have to worry about freezing up or fumbling with notecards. You can easily import a written speech and customize the scrolling speed and font size.

SPEAKERCLOCK

Is an iOS app that helps you master the pacing of a presentation by showing you how long you've been on stage. **Presentation Timer Pro**, another timer app for Android, will also silence he phone's ringer.

Leadership **T**raining **C**onference