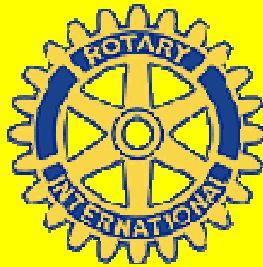


**ROTARY AGAINST DRUGS (RAD)
HIGH SCHOOL SPEECH CONTEST**



Helpful Tips for Presenters

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1. Research your Topic and know your subject well. Use personal stories and conversational language to help you remember it.
(DO NOT recite A LOT of Statistics – Just a few.)
2. Concentrate on what you want to say and on getting it across to your audience rather than your own anxieties.
3. Realize that people want you to succeed – they want to hear you give an interesting, stimulating, entertaining speech and are certainly not wishing you to fail.
4. Visualize yourself giving a successful speech and listen to the audience clapping – it will help your confidence.
5. Get to know your audience. In advance it may help you to write your speech. On the night it'll help you to feel that you are among people who want you to succeed.
6. Get to know the Room.. Beforehand go up to the Podium or Stage and make sure you are comfortable with it. Have you space for visual aids. Where will you put your notes etc.
7. Practice, practice and more practice until you are comfortable with your speech and with your speaking voice.
8. Write the main points of your speech on a single sheet of paper or a set of small cards and have them with you. Know that no matter what you may forget they are there if you need them.
(DO NOT READ YOUR SPEECH.)
9. Relax – Nervous Energy can be tapped and used as enthusiasm in your speech.
10. Gain experience of public speaking wherever and whenever you can so that you become comfortable in front of a crowd and with your own voice.

11. Step away from the podium occasionally. Walk purposely toward the audience when making a strong point. Do not turn your back to the audience.
12. Use vocal variety in your voice – do not talk in a monotone. You can raise your voice to make a point.

Three things the World Champions had in common were:

1. The Pause. To make them think, to touch their heart, to make sure the audience is with you.

Public Speaking is a dialogue, not a monologue. A contact sport. You need to practice in front of an audience.

Put it up on the “pause pedestal.” Pause three heartbeats before the statement, pause 3 heartbeats after the statement. Pause until they’re uncomfortable – get comfortable with the silence during a pause.

2. None of the Champions were perfect. You don’t have to be perfect.
3. They connected with the audience. They had a sparkle in their eye.

The Jerry McQuire concept: The Champions had you at hello.

The biggest mistake presenters make is that they don’t prepare for the moment that they take the stage. Get comfortable with the stage. This is “your house.”

Your Effect – Remember you are speaking to teenagers.

What will audience members think? What will they do differently when they go home?

You have to go through the heart to get to the audience.

Heart wins out over humor

What one thing (lesson) would you want these teenagers to learn?

Each speech should have one quote or one overriding message. Repeat the theme often.

Find your own uniqueness

Find your own speaking voice. Just be yourself, don’t try to mask or hide yourself.

Record your presentation and listen to it.

Video tape your speech
First listen to it instead of watching it.
Then watch it.
Fast forward it to catch repetitious movements that you make.

VISION –Both mental and physical. Visualize your goal.
DECISION – Decide what you want.
FOCUS – Focus on the what, not the how. The how will show up on its own.
ACTION PLAN – What’s your plan to get what you want?

Use the 4-H Strategy for preparing your speech:

Head – Does it make you think
Heart – Does it touch your soul
Humor – Does it make you laugh
Heavy Duty- Is it significant – Was it important

Tell a story – don’t lecture like a parent

Relive your story as opposed to retelling it. Get to the feeling as opposed to “words telling the story.”

Remember, today may be the last day you present – so put everything you’ve got into it.

Have your friends evaluate your speech – what they liked, what they didn’t. Did it motivate them?