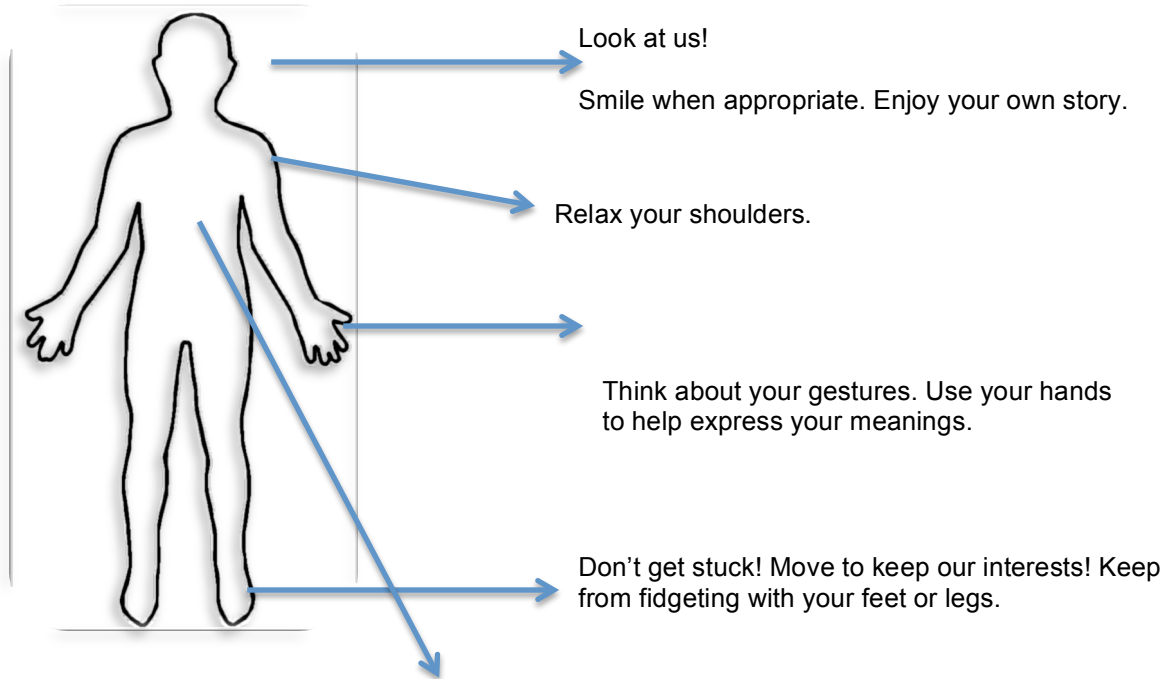


The Secret to Giving an Awesome Speech: Use Your Body



B R E A T H E !

As you walk up to the stage, breathe deeply.

Stop for a moment and look at your entire audience. Take a deep, calming breath.

Smile. Straighten your back, neck, and shoulders.

Take a deep breath and project your first line with confidence. Focus on speaking slowly (but not too slow) and with strong projection.

Look at your audience as if you're having a conversation with them. Make eye contact with some people, and then shift your focus to others.

No matter what you are thinking or worrying about, tell yourself this: *For the next few minutes, I have something extremely important to say and my audience needs to hear it.*

Conclude your speech with confidence.

Some visualizations and exercises to help you deliver a successful speech

- Visualize hearing your name called to come speak. Imagine yourself putting your worry, anxiety, and self-doubt into a box. Leave it at your seat when you walk up front. (You can pick it back up when you're done.)
- Visualize yourself walking up front, taking a deep breath, and smiling as you look at everyone. You feel very confident and eager to perform. Focus on breathing deeply as you visualize.
- Visualize yourself giving your speech. Imagine that you are speaking slowly, with confidence, and you are making eye contact with everyone in the room. You feel very energized by speaking. It's exciting.
- Visualize the parts of your speech you like the most. Imagine yourself gesturing and moving to emphasize those parts you really like or find really important.