

Selection Panel

Public Speaking

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Quick Tips for Giving a Great Speech

- Be **animated**, but not too animated. Moving around, using hand gestures, smiling, and drinking water are all ways to show you're excited and engaged in your speech. Rocking back and forth, twirling your hair or fidgeting show the audience you're nervous. Be aware of what your body language is saying.
- Make **eye contact** with the audience.
- Get **involved** with and feel passionate about your speech. If you're interested, your audience will be, oo!
- **Prepare** note cards with an outline of your speech to use in case you get off track.

"Youth Venture was great because we needed someone to validate our idea. We needed someone to say 'yes, you can do this.' Youth Venture did this."

-Jordan Schwartz

The Bilingual Children's Theatre,
GA

Nervousness

It's normal to be nervous. Luckily, there are several ways to overcome it!

- **Practice:** Practicing is the best way to familiarize yourself with your speech and be comfortable while delivering it.
- **Breathe:** Even if you are nervous, don't announce it. Just take a deep breath or two and compose yourself. A few deep breaths can go a long way to soothe nervousness.
- **Self-talk:** Remind yourself that you are a good speaker and that by giving your speech you will bring more awareness to your organization or cause.
- **Encouragement:** Realize that people want you to succeed. Audiences want you to be interesting, informative, and entertaining. They don't want you to fail.

More YV Tip Sheets

Check out these additional YV Tip Sheets:

- [Messaging](#)
- [Elevator Speeches](#)