



Your First Speech

There are No Expectations of Brilliance

The Ice Breaker's **only objective** is to get you up and running with public speaking. Expecting too much or building too much up in your mind will only cause distress.

We are not marking or judging you.

We like the ice breakers because they are exciting for the member.

The best advice for your first speech is in the Ice Breaker project

The Six Toastmasters International tips

1. Ask for an experienced Toastmaster to help you with the speech
2. Study the objectives of the Ice Breaker and the evaluation guide at the end of the project
3. Use stories, examples and anecdotes to craft a speech
4. Don't overwhelm your audience with too much information
5. Practice speaking.
6. Begin and end every speech strongly

Good Speeches are a Circle

1st London will supplement Toastmaster's International advice with that **good speeches are a circle** whereby the speech comes back to the start. It begins with a proposition and it ends with the same proposition with you the speaker taking people on a journey.

Simple Clear Sincere is the guiding approach for speeches.

- Simple – the point of your speech does not need to be sophisticated or difficult
- Clear - complexity only confuses people never enlightens
- Sincere - believing what you are talking about



The Three Components of a Speech

The three components of any speech are:

Content - What you are saying

Structure- How you are organising

Delivery - How you are speaking

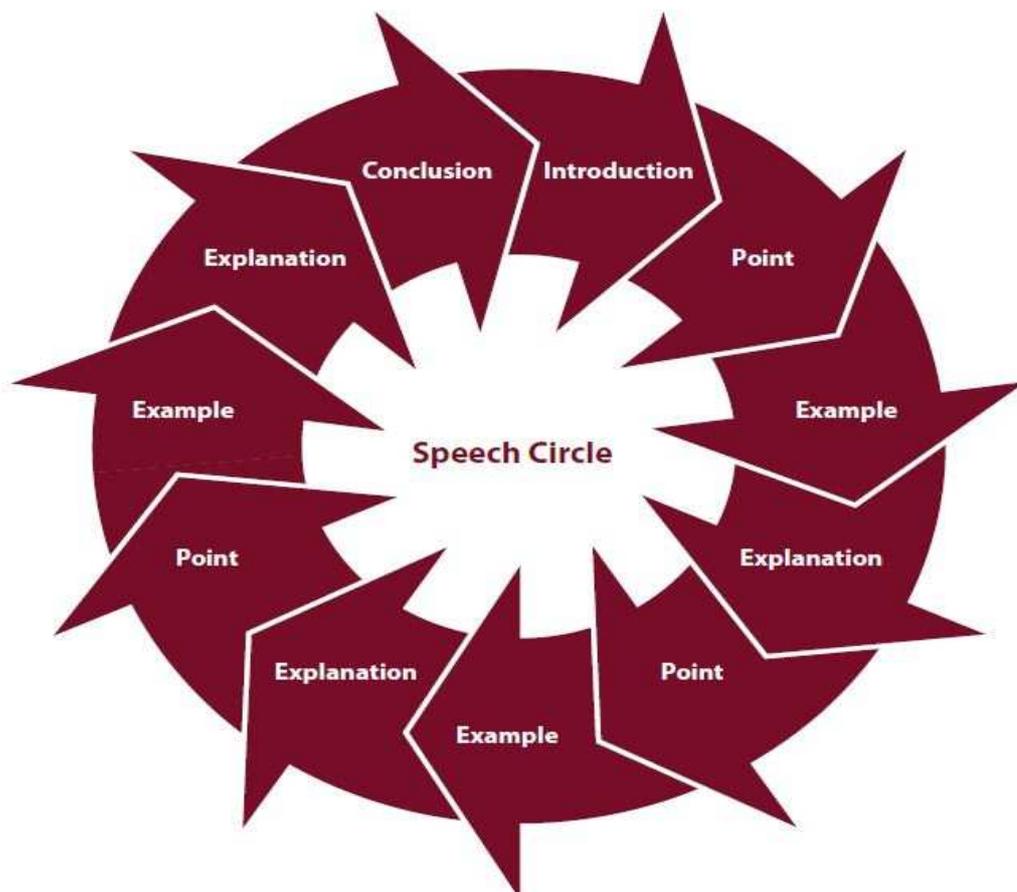
Content

Your life will be the richest source of material you will ever have for speaking. It is a source of stories that people relate to.

Structure

An easy structure to achieve is PEEP:

Point Example Explanation Point as demonstrated in the Speech Circle below:





Delivery

Delivery is often thought to be about 50-70% of the impact of a speech. It is where you will spend a lot of time developing skills.

With delivery we do suggest you do three things:

Walk calmly to the stage and give yourself a little time to settle before speaking. You are not timed until you start speaking.

Breathe deeply from the core of your body.

Look up and smile to start the process of changing your nerves to energy.

All the OKs for a 1st Speech

All these things are ok in the first speech:

- Notes are ok
- Not talking about yourself is ok
- No body movement is ok
- No eye contact is ok
- No vocal variety is ok
- Messing up is ok

The only thing that matters is to stand up and speak for the first time.

It is the first step in your public speaking adventure.

You can do it!