



Tips for Public Speaking

1. Practice, Practice, Practice

Knowing your material before the big day will help settle a nervous stomach. The more you rehearse, the easier it will be at the finals. Try presenting in front of a mirror, your classroom, your friends, or in your living room.

2. Look Good, Feel Good

Comb your hair, tuck in your shirt, and brush your teeth. Business casual attire is encouraged (dress as if you are going to an interview in a professional office).

3. Comfortable Room

Come to the event a few minutes early so you can test the microphone and feel at ease in the venue room. This is not an opportunity to practice your presentation, rather, just to get comfortable with the equipment and space.

4. Convince Your Audience

You are the expert on the topic. You've made it to the finals so your idea is good! Be confident and passionate about your proposal.

5. Speak Clearly and Slowly

If you are a "fast talker," no one will be able to follow your content. Speak clearly, slowly, and loudly enough for everyone in the room to hear you.

6. Eye Contact and Smile

Make eye contact with the judges and your audience. Reading off your notes or looking at the floor is not fun for anyone to watch. If you need to slow things down and catch your breath, simply smile. Eye contact and smiling show you are confident and happy to be at the finals.

7. Engage Your Audience

Visuals are worth 5 marks and a great way to direct attention off of yourself and onto the topic. Bring props, videos, a PowerPoint, or charts that relate to your proposal.

8. Go with It

If you miss something or lose your place in your notes - that's okay. Nobody knew what you had "planned" to present, so just go with it. And please, don't apologize. You've done nothing wrong. Everyone wants you to succeed and is excited to hear your ideas!

