

Public Speaking Practice

Total Time: 30 minutes

Pretend you are delivering your own [Ted Talk](#)! What would you talk about? How would you present the information? If you are feeling up to the challenge, write a small Ted Talk speech and practice with those at home with you. If you'd like, you can even record it and send it to jake@leadershiptulsa.org. A strong speech could be featured on the Changemaker website in later weeks!

A few Public Speaking Tips:

- Scan the audience with your eyes
- Keep your feet planted (if you choose to walk as you talk, make sure your movements are intentional)
- Uses pauses between points you are making