

# Handout for Youth Leadership

Use these tips for when you're presenting to your parents, your local officials, or presenting to a group!

## P.R.O. T.I.P.S

**P. - Poise**, the way you stand when speaking is extremely important. Your audience will definitely notice if you are reserved or timid. A good stance is feet shoulder width apart with your hands at your side. Although it may feel awkward for you; your audience sees you as open and easy to listen to. Poise also has to do with eye contact, you want to engage your audience and make it feel like you are talking to each individual in the audience. But making direct and prolonged eye contact with someone can make a person feel uncomfortable. Solution, stare at their foreheads! This gives the perception of eye contact but without the creepy connection.

**R. - Repeat yourself**. Memorization, know your material not your speech. Over memorization can lead to you speeding through your speech or falling into a boring and uninteresting speech pattern. Not to mention you can miss a line and that can derail you.

**O. On time**, tempo is important. You don't want to be talking too fast or too slow. Nerves have a mean habit of making us either speed up or slow down, know what they do to you and plan for it.

**T. Technical**, beware of big words. They look great on paper and if used properly will enhance your speech. However if you can't pronounce them they can detract from what you're saying. For example a word that can enhance or detract from your speech is cannabinoids.

**I. Inflection**, have you ever listened to a speaker who just puts you to sleep? Having good inflection not only keeps your audience's attention but also can be used to emphasize key points. Using inflection will totally take your speaking skills to the next level; use it.

**P. Practice**, practice is one of the most vital tips. Most people don't talk the same way they write. It's important that you actually say your speech out loud and change any wording to fit the way you speak so it feels comfortable. But remember don't overdo it, you don't want to be over memorized.

**S. Suffocation**. Breathing, you do it so naturally you can forget about it when you write your speech. But in reality talking in really long sentences can sometimes put a strain on your lungs making you look like a fish out of water as you try and finish that last words of your sentence. Some speakers will write in specific cues in their speeches to remind them to breathe. This also ties into your pacing and can be used as a tool if you have a mind fart. Take a breath, collect your thoughts and keep moving.

Joe Koffel  
509-207-9176  
jkoffel2@gmail.com