

## Speech Giving Tips

- **Prepare:** Know what you are going to say, and how you are going to present yourself before you reach the podium. Are you going to simply talk from a few points or do you need to write your whole speech down? Delegates may bring a small notepad with them when they approach the podium, so if you need to use it, take advantage.
- **Practice:** Practice makes perfect. Try rehearsing speeches with your fellow teammates or ask your college delegate to listen to your speech. They are all there to help you do your best and can help you improve your approach and technique. Just remember to return the favor!
- **Consider the audience:** Captivate your audience with a mixture of emotional points and hard facts that are appropriate for your country. No one will hear what you are saying if you do not engage them.
- **Don't say umm, ok, like, or any other filler words**
- **Keep pace:** If you speak quickly when nervous, practice slowing down your speeches to make sure everyone can understand it. If you find yourself running out of time before you've made your point, practice picking up the pace or focusing your points.
- **BREATHE!!!**
- **Be aware of your posture:** You can be the most powerful speaker in the world, but if you slouch, shake, or move constantly, you may lose your powerful presence or just plain be distracting from your own speech.
- **Make eye contact:** You are speaking to your audience, not your paper so look up!
- **Respond to previous delegates:** Show other delegates and judges that you are engaged in the debate by discussing more than your pre-written speeches that you brought to the conference. Be sure to respond to the points of others with either supporting information or with information that negates their points.
- **Make your points clear:** Clearly state the points you are making either in the beginning or the end of your speech. Your speech should either state the points followed by supporting information and examples, or your speech should give information and examples leading up to a point.
- **Include Information:** Don't just say your country supports the IAEA, cite votes you've made on the organization or monies donated. Make it known to the body that you are not just an eloquent speaker, but that you actually know what you are talking about.