

WORKSHEET

Public Speaking Tips: Be Your Best Self on Stage

The structure of your speech:

Introduce yourself

- Only disclose things that you're comfortable with living online or in the media forever

Share your story

- **Challenge example:** "I wasn't taught proper sex education."
- **Choice example:** "I decided to learn about sex ed and abortion rights."
- **Outcome:** "Now I'm here today to share that abortion access is important for everyone."

Close

- Share a key point as to why you believe your state deserves access to abortion.

Important Reminders

- Only share information you are comfortable with being public.
- Only share what you are ready to share!
No need to speak about things you are not healed from yet.
- Have a support system — let a trusted person know you will be participating.
- Don't record and post anyone else's story without their permission.
- Try not to identify anyone by name in your story.

8 Qualities of a Brilliant Public Speaker

1. Confident

Your story is your own! Sound true to you and do it boldly.

2. Aware

Look at your surroundings. Talk with your audience, not at them.

3. Empathetic

Understand there may be people who have been in similar situations as you. Match the tone of the room.

4. Fresh/Interesting

Take pauses, fluctuate your voice, change your tone as appropriate.

5. Authentic (Keeping it real)

Do not try to be someone you are not!

6. Inspiring

Lean in on the ask. Make demands. Inspire others and motivate them to create change.

7. Fearless

Public speaking is not easy! Do what you need to do to feel comfortable in front of a crowd, like pretending they aren't there.

8. Balance

Be inspiring while also being true to the feel of the room and to your story.

Tools of the trade

- Slow down! People tend to speak quickly on stage.
- Short and sweet — keep it around three minutes (500 words written).
- Over enunciate (eat your words) — sometimes words get lost if you say them too quickly.
- Project but gauge the mic.
- It's okay to be nervous.
- Lean on your support person.
- Breathe!
- Channel your inner diva.