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| **Physical*** Breathe deeply 4 or 5 times before you begin to relax your nerves
* Take water in a cup with you, if possible, if not in a bottle to avoid a dry mouth
* Approach or stand up with confidence
* Stand tall – chin up, shoulders back
* Feet apart – boys
* Feet together – girls
* Use your arms and hands for emphasis
* Make eye contact with different members of the audience
* Breathe – air is the best weapon in your speech arsenal
 | **Mental** * Prepare - prepare – prepare
* Check facts make sure your information is clear and concise
* Practise saying difficult words and phrases until you’re comfortable with them
* Rehearse – rehearse – rehearse then rehearse again
* Avoid the following words – like, basically, hopefully, obviously, actually and you know
* Edit your speech ruthlessly – far better it is too short than too long
 | **Emotional*** Being nervous before you begin is a good thing it concentrates your mind on the task ahead
* Be confident in your abilities
* You deserve to be where you are. Your position in the house has been earned, be proud of yourself and let it show in your performance
* Think of how you will feel afterwards and just before you drop off to sleep that night – it will all have been worth the effort
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