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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 |