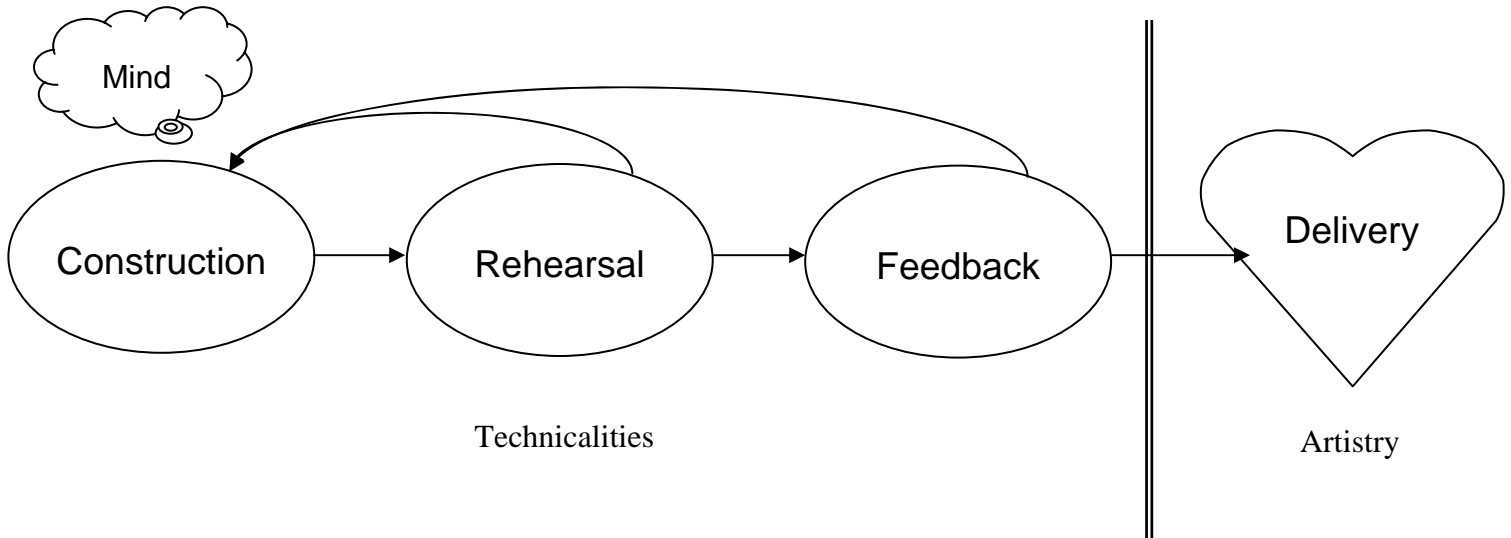
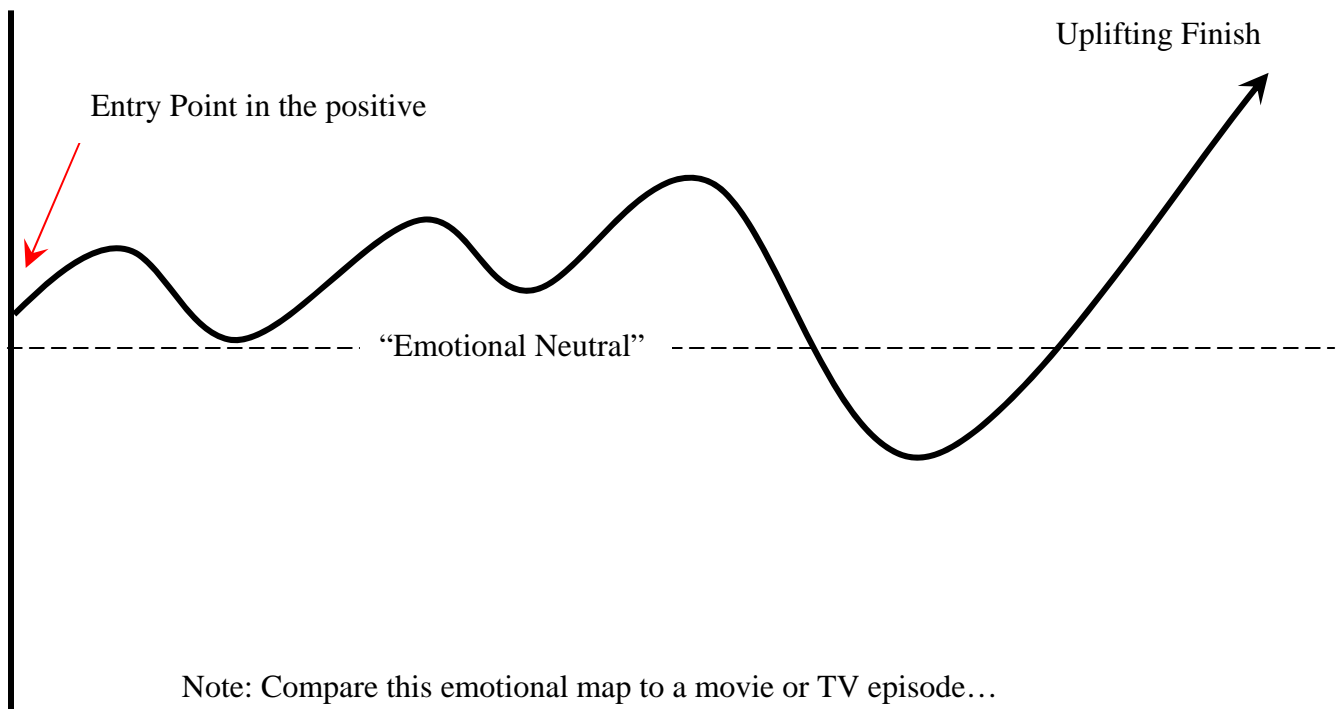


Creating a Competition Speech

Sample Process Map



Sample Emotional Map



Creating the Speech

- Don't DQ because of time:
 - Intro = 1 min
 - Point 1 = 1.5 min
 - Point 2 = 1.5 min
 - Point 3 = 1.5 min
 - Conc. = 0.5min
 - Total time = **6.0 min**

- Choose a heartfelt message that:
 - You can be passionate about
 - Strikes a universal theme
 - Your audience can take home with them

- Plan your emotional ride
 - Entry point (**Intro**)
 - Ups and downs (**Points 1,2,3**)
 - Surprises, with clues (**Points 1,2,3**)
 - Verbal
 - Physical
 - End high (**conclusion**)
 - End with punch, twist (or both!) (**conclusion**)

- Technical Aspects
 - Grammatically clean
 - Verbal devices
 - Alliteration
 - Simile
 - Metaphor
 - Analogy
 - Rhyme
 - Others?

- Varying pace and rhythm
- Word Pictures
 - Sensory map
 - Taste, sight, sound, hearing, touch
 - Related body movement
 - Colorful words
 - enunciate clearly
 - set off with pauses
- Use of Silence
 - Draw them in
 - Let them think/feel
 - Catch your breath

Delivering the Speech – “get it down cold and deliver it hot!”

- Rehearse a lot
 - To overcome nerves
 - To establish consistency
 - To expose weaknesses
- Record the rehearsals for your own review
 - Audio
 - Video
- Deliver to different audiences
- Get yourself a big “why”
 - For you
 - To serve others
 - ??
- Joyful Competition
 - Meet your competitors
 - Opportunity is your victory
 - Praise their efforts
 - Love your moment!