

# YOUR FIRST SPEECH

## Toastmasters Fonske Leuven



You've attended a few meetings as a guest, heard some people speak & maybe spoke up yourself. You signed up, set some goals & found yourself a mentor. But now you have to do what you actually signed up to do: get up in front of the club, 'break the ice' & give a speech.

This can be pretty nerve-wracking, but not to worry. There are plenty of resources, people and materials to guide you through this.

### Getting Started

- ▶ **Schedule a speaking slot** for your Ice Breaker speech with the VP Education.
- ▶ Navigate to [Pathways Base Camp](#), open the curriculum of your 1<sup>st</sup> Pathway, **launch your Ice Breaker project**, read through the materials & do the exercises.
- ▶ Print out the [Speech Outline Worksheet](#) & scan through it: you can complete it straight away or carry it around with you & **develop your speech gradually**.
- ▶ Always remember to **print out the evaluation form for every speech** (on Pathways) & give it to your evaluator before the meeting begins.

### What's Most Important

- ▶ **Practice delivering your speech** a few times in advance. It helps to practice in front of someone else & to time yourself.
- ▶ **Remember why** you joined the club, what you set out to learn & achieve and what you want the audience to know about you.
- ▶ **Realize the goal** isn't to deliver a perfect speech, but simply to **stand up & introduce yourself**.
- ▶ Remember **you can always approach your mentor**, the VP Mentorship, VP Education or any member of Toastmasters for **guidance**. Everyone in the club went through the same process. Nobody cares if you're nervous: [here's why](#).

### Strategies, Ideas, Examples

- ▶ For [preparing an Ice Breaker speech](#).
- ▶ For [managing your nervousness](#).