

Tips for Rehearsing and Giving Confident and Stirring Speeches

- Mark up your speech. Make notes in the margins when to slow down and to make eye contact, underline words and lines to emphasize.
- Remember to breathe between lines and paragraphs, and before you make a new point.
- Make eye contact—to the back of group and sweep across, with occasional individual contact.
- Vary your tone of voice—quiet (to be serious), rising tone and volume (call to action), intonation (to show your own emotional response to content).
- Try “power positions” to feel and look confident—stand tall, open posture, shoulders back.
- Use gestures to emphasize points—use your hands to make points, act out parts with small gestures, communicate with audience.