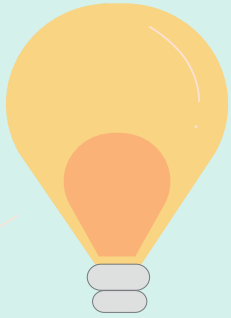
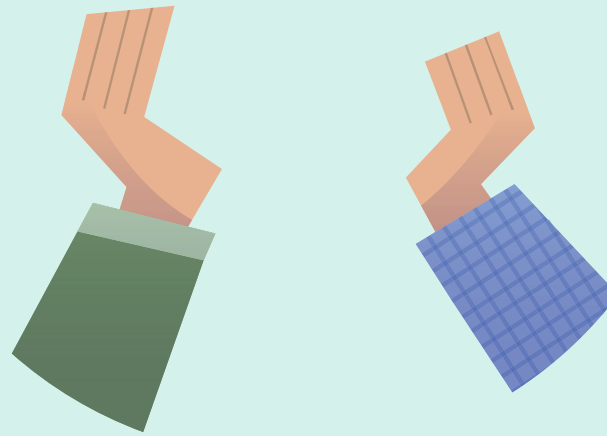


# TIPS



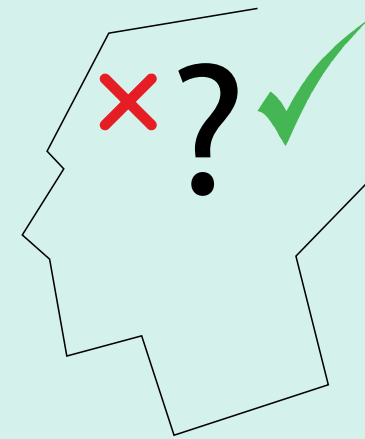
## SPEECH

- ✓ Research the topic thoroughly by analysing the reliability of sources and order your ideas from most relevant to secondary.
- ✓ Prepare a simple outline considering the time you have available.
- ✓ Use simple and understandable language according to the level of your audience.
- ✓ Be original, solve the problem effectively and add value to it.



## STAGING

- ✓ Have a positive attitude, speak forcefully but politely, be vocal and respect pauses.
- ✓ Be polite, keep your eyes calm and focused on the whole audience.
- ✓ Coordinate your body movement so that it is natural and coherent with your message.
- ✓ Take care of your physical appearance and attire so that you feel comfortable and at the same time it suits your audience.



## IMPROVE

- ✓ Take advantage of all the opportunities offered to you.
- ✓ Reflect on your mistakes and set small goals to overcome them.
- ✓ Don't be afraid of failure or ridicule, which in any case will be punctual, think about your medium-long term goal.
- ✓ Be patient, you will gain confidence with practice.