# 9. Practice, practice, practice

#### The importance of practice

We have discussed the need to practice what you are going to say, before you say it, in order to give yourselves some confidence.

Yesterday we asked you to write a two-minute speech about something that you are passionate about. Well now we are going to ask you to practice giving your speech in front of others, so I hope you remembered to bring it along with you.

Activity 1

In groups of 2-3, we would like you to take turns and practice giving your speech to each other.

This should take about 7 minutes.

When one person is speaking another person should be timing it. Remember to take your time, it’s ok to read your notes.

Activity 2

Now move to another group and do the same thing,

This should take about 7 minutes