# 10. Your time to shine

#### It’s time!

Now that you have practiced with your peers it is time to give your presentation to the whole room.

We have some rules for listening when others are making their presentations. It doesn’t matter if you don’t agree with what they are saying, or whether you think that what they are saying doesn’t make sense. Be respectful of the other person.

* Support the person speaking
* Be attentive
* Expect to learn something new
* Be generous. Laugh if it supposed to be funny
* Remember you are all in this together

be confident and Remember

This is your subject, and you know more about how this affects you than anyone else in the room.

Everyone wants you to succeed

You are in control

Everyone feels nervous

Don’t forget to smile

Don’t forget to look at your audience

say to yourself

Before you give your speech, say three things to yourself (so not out loud).

I am the expert, I am the expert, I am the expert

Everyone is on my side, everyone is on my side, everyone is on my side

I have the power, I have the power, I have the power.

#### Time to give your two-minute speech

This will be very tightly controlled so that you all keep within the time frame. You will be able to speak for only 2 minutes, unless you have a communication disability which means you need a bit longer (up to 1 minute).

You will be given 1 minute to answer questions from the other participants.

Take your time, breathe, relax and have fun, you are among friends

You will have 2 minutes to speak. A bell will be rung when your time is up. So you have to finish then.

Each person will have 1 minute for questions.

Feedback

This is not Australia’s Got Talent or Australia’s Top Model. We are not out to give you a hard time. So we will not have a public dissection of everyone’s speech.

I will be happy to talk to each of you about how you went, but remember, everyone will be nervous, and it is not about accuracy or how anyone else feels, it is about how you feel.

Phew! Thank goodness that’s done

So now that all of you have done your two-minute speech,

How do you feel? Did it go well?

Did you forget about your nerves once you started speaking?

Was your parachute in place?