Tips for Public Speaking

**Practicing Your Speech**

**What purpose does practicing a speech serve?**

Practicing your speech is one of the most significant methods for improving both the content of your speech and your performance of it. Rehearsing a speech can point out weaknesses in your speech that are only noticeable when it is spoken aloud, help you feel like you have control, and grow your confidence.

**What is important to implement in practicing your speech?**

1. **Speak Aloud**: to practice a speech most effectively, it must be spoken aloud. Speaking out loud produces multiple necessary results. First, rehearsing your speech aloud will point out wording that does not make sense when spoken and highlight speech patterns that seem unnatural for the audience. Second, speaking aloud will allow you to fine-tune certain turns of phrase or manners of expression that simply feel *right* in what you are hoping to convey in your speech. Third, practicing out loud gives you muscle memory that is invaluable in staying organized and calming nerves when it comes time to deliver your speech.
2. **Visualize your scene**: when practicing, it is helpful to take a couple moments and picture yourself in the space and with the audience that will surround you when you deliver your speech. Visualizing where you will be and the faces that will be looking at you helps make a practice session more “real” - and therefore more productive for you in creating a realistic rehearsal scenario.
3. **Step outside of your comfort zone**: public speaking is outside of many peoples’ comfort zones. Practicing your speech prior to delivering it helps alleviate some of the nerves that come with this, but it is also possible to step outside of your comfort zone while practicing the speech itself. This helps grow your confidence in attacking the unfamiliar territory of delivering your speech. One way to push yourself outside of your comfort zone during practice is to rehearse your speech in a space that makes you slightly uncomfortable. For example, practicing at a table in the library versus in your bedroom somewhat simulates the public atmosphere of a classroom that you will encounter when ultimately delivering your speech.