

SPEAKING ABOUT TOUCH FOR HEALTH IN PUBLIC

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STRUCTURE FOR A SIMPLE ONE POINT SPEECH.

THIS SHOULD CONSIST OF 4 ELEMENTS:

1. INTRODUCTION
2. SPECIFIC PURPOSE STATEMENT
3. BODY OF SPEECH
4. CONCLUSION.

IN DELIVERING ANY TYPE OF SPEECH THE BASIC FORMULA IS THE SAME:

TELL'EM WHAT YOU'RE GOING TO TELL'EM...

TELL'EM

TELL'EM WHAT YOU'VE JUST TOLD'EM.

HERE IS WHAT YOUR NOTES MIGHT LOOK LIKE FOR A ONE POINT SPEECH:

INTRODUCTION: MOST OF US GO WOBBLY AT THE KNEES AT THE VERY THOUGHT OF GIVING A SPEECH IN PUBLIC, AND CLUTCHING NOTES IN SWEATY PALM, WE STAND UP IN FRONT OF THE GROUP WITH HEART POUNDING, MIND GOING BLANK, KNEES KNOCKING, WISHING IT WAS OVER!!

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SPECIFIC PURPOSE STATEMENT WHEN ASKED TO GIVE A SPEECH, REJOICE IN THE OPPORTUNITY TO TALK ON YOUR FAVOURITE TOPIC - TFH - AND SOLVE PROBLEMS OF NERVOUSNESS BY HAVING A CLEAR OUTLINE OF WHAT YOU'RE GOING TO SAY WRITTEN DOWN IN EASILY READ NOTES, & USE E.S.R!

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BODY (USE ONLY ONE CLEAR POINT IN THIS TYPE OF SPEECH.)

1. **USE A SIMPLE OUTLINE FORM FOR YOUR SPEECH.**

- A. **THE INTRODUCTION.** USE HUMOUR, EMPATHY, QUESTIONS OR CHALLENGING STATEMENTS, QUESTIONS TO AROUSE INTEREST IN THE MINDS OF THE AUDIENCE.
- B. **THE SPECIFIC PURPOSE STATEMENT.** WORK ON THIS SO THAT IT IS SPECIFIC ENOUGH TO DEFINE WHAT YOU WANT TO GET ACROSS, BROAD ENOUGH SO IT EMBRACES EXACTLY ALL YOU WANT TO TALK ABOUT AND NO MORE.
- C. **THE BODY.** RUTHLESSLY RESTRICT YOURSELF TO ONE POINT.
- D. **THE CONCLUSION.** LET YOUR CONCLUSION BE A SUMMARY OF THE MATERIAL YOU JUST COVERED, RESTATING IN A SIMPLE STATEMENT WHAT IT WAS YOU CAME TO SAY.

CONCLUSION MAKE A SUCCESS OF YOUR PUBLIC SPEAKING AND TEACHING, USE AN OUTLINE FOR ALL SPEECHES, OR SECTIONS OF CLASSES, & USE E.S.R!