



PVLEGS

Notes

II. Performing a Speech

“Knowledge isn’t power;
communicating knowledge is.”

- Chris Witt

6 Traits of Speaking

Poise

- Appear calm and confident
- Avoid distracting behaviors

Voice

- Speak every word clearly
- Use a volume level just right for the space

Life

- Express passion and emotions with your voice

Eye Contact

- Connect visually with the audience
- Look at each audience member

Gestures

- Use hand motions
- Move your body
- Have an expressive face

Speed

- Talk with appropriate speed: not too fast, not too slow
- Use pauses for effect and emphasis

Six Trait Speaking™
pvlegs.com

P = Poise

- Appear calm and confident
- Identify your annoying habits and try to minimize them
- Stance
- Purposeful movements
- Deal with mistakes
- Posture
- EXPERIENCE LEADS TO POISE

Tips for Poise

- 1) Visualize
- 2) Practice
- 3) Take three long, deep breaths before beginning
- 4) Get a drink of water.
- 5) Slowly count backwards from four 5X before taking the stage
- 6) Positive self talk
- 7) Take a walk before your speech

V = Voice

- Goal = pleasant to hear
- Volume
- Enunciation
- Avoid odd vocal patterns (upspeak, trailing off, you know?, etc.)

L = Life (Inflection)

- Your presentations must have emotion
- To sound interesting, you need to exaggerate the feeling in your voice

Practice Life

I don't think you're dumb.

Practice Life

You know you shouldn't do that.

Practice Life

Don't do that to your sister.

Practice Life

Tropical forests cover just 7 percent of the world's surface, but these forests contain more than half of the world's living species. A sad fact is that these forests are being destroyed. Each year, forty million acres – about the size of the state of Washington – disappear, along with the plants and animals that live there.

E = Eye Contact

- Ensures each person feels involved and important
- Gives feedback to the speaker
- Constant eye contact with your audience is the most powerful
- **HOWEVER**, familiarize, don't memorize

G = Gestures

- Involves your hands, body, and face
- Support words
- Add drama
- Add emphasis
- Can help you get rid of nervous energy
- Consider writing them into your script

Ideas for When to Use Gestures

- Hold up fingers when counting
- Use descriptive gestures
- Clap hands or clench fists for emphasis
- Match your face to your mood
- Control your audience (“Raise your hands if..”)

More Ideas for Using Gestures

- Use your shoulders (shrug)
- Move your head (nod)
- Move your body (lean forward or away)
- Use your eyes (squint, wide)

But...

- Note cards in hands = No gestures.
- Know your speech!

Practice Gestures

This affects *everyone!*

Practice Gestures

We have to stop *right now!*

Practice Gestures

The bucyrus valve is a *tiny, tiny* part of the vivofletzer.

Practice Gestures

They were *huge* – bigger than a car, even bigger than a house. Suddenly, there were three more of them. *My heart started beating so fast* I thought it was going to *burst*. I looked around for a place to hide. The killer hamburgers were after me

S = Speed

- Practice = less nerves = slower pace
- Speed affects enunciation and clarity
- Audience fatigue
- Use pace to enhance the message

More on Speed

- For drama, the pace should match the words
- Pausing is powerful

Practice Speed

Life is too crazy. We are always busy. We rush to get up, wolf down breakfast, run to school, race to practice, hustle through homework, do our chores. We are always in a hurry. What if one day we just stopped? I mean stopped. Dead halt. Catch your breath. Relax. Take a breath. It will improve your life.

Putting it all Together

- Read the children's book that was given to your group.
- Consider all parts of PVLEGS:
 - Where can you add purposeful pauses?
 - What gestures can you use?
 - What could you do with your body or face?
 - Where should you speed up/slow down?
 - How can you add emotion with your voice?

Watch and Learn

- Martin Luther King Jr.'s "I Have a Dream Speech"

Watch and Learn

- [Phil Davidson's Campaign Speech](#)