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| Practice | Ask others for feedback or practice in front of the mirror. |
| Consider your audience | Highlight points they might find interesting about the topic. |
| Make eye contact | It makes you appear confident and knowledgeable. You can also try looking at an object just beyond the audience. |
| Speak clearly | Look up occasionally to make words easier to hear and understand. Check how many times you say things such as “like” and “um.” |
| Slow down | Take a small breath between each sentence. Record your speech or practice ahead of time with a friend. |
| Use note cards | On each card, write one main point and a few buzzwords that will jog your memory. |
| Have confidence about your topic | Choose a topic you have a connection to or feelings about. |