

March Speaking Activities

1st Meeting Speaking Activity: Courage

Courage

Share in 2 minutes or under the time you had the most courage in your life. Keep these short, powerful statements about the situation that called for courage.

2nd Meeting Speaking Activity: Two Truths and a Lie

Two Truths and a Lie

Share two truths and make up one lie, this is a fun game that allows people to get to know you better and to share things you normally may not share or others may not know about you.

Make your truths creative and pick the things that some may not believe is a truth about you. Then after each person stands to share their two truths and a lie, get people to guess which one was the lie.

March Speech Focus

Speech Focus #1: Daily Life Lessons

Everyday there are opportunities to learn and grow and teach those lessons to others, if we are open and aware. I recently went on a big family road trip and wrote an article on all the lessons along the way. For example, when I wanted to give up because the mountain bike trail I was on with my family was freaking me out and I wanted to just turn back but my boys all stopped and encouraged me and told me I was doing great and to keep going and this reminded me of how important it is to have a mastermind or friends who get the online world and who can cheer you on when you want to give up and remind you that you are doing great. Or the hotel that went the extra mile with some really simple things like extra toiletries, a nice soap dish, a topnotch coffee maker, mints on the pillows etc. It was the little details that made the difference and set them apart from other hotels and yet it wouldn't have cost much more or taken much more time but it made a big difference! This can then be related to how it is the little things we do in our businesses that goes a long way. Of course if I was sharing this story I would have gotten more into painting the picture and adding in the lesson in detail. I want you to pick one everyday life lesson you have experienced in your life and then apply it to others as a lesson for them to learn from. Have fun with this and use a lot of expression and really paint the picture of the story/metaphor to hit home the message.

Speech Focus #2: That is Hilarious

Share a story where you found yourself in a totally hilarious situation and get very animated sharing it. This could be a crazy situation you witnessed or found yourself a part of, it could be something that happened unexpectedly or something you did that ended up being very different than you expected.

What was that moment in your life that could bring some laughter to others? Always great to share something that truly made you laugh whether in the moment or looking back on it (because it wasn't so funny in the moment) and to learn to share these stories is a great skill. Being able to help others to laugh during your storytelling or speech is a powerful way to connect and to be remembered, everyone loves to laugh so let's practice sharing and getting our audience to laugh along with one of our hilarious moments!