

First of all, imagine that you have a large piece of sticky toffee in your mouth and you're trying not to let it stick to your teeth. Fortunately, there isn't anybody else around, so you can chew as violently as you like. Do this for a moment or two, as it's a good exercise to loosen up the muscles of your jaw and mouth before you begin to speak. Now say the following phrases aloud, making sure that you make every sound as precisely and energetically as you can:

Electromagnetic compatibility  
(Was every 't' sound clear?)

A medieval knight wearing helmet, hauberk and armour-cap  
(Are the repeated 't' and 'h' sounds clear? Did you say 'darmour?')

Romantics, realists and impressionists  
(Did you avoid the trap of 'dimpressionists'?)

Pears, beans, broccoli and cauliflowers  
(Are you really making your mouth work hard?)

Hemidemisemiquaver  
(Yes, this really exists, but can you say it clearly?)

## **TOP TIPS for speaking during the presentation:**

- Prepare and rehearse thoroughly if you want to impress your audience
- Vary the volume and speed of your delivery for emphasis and interest
- Slow down and speak up, right to the end of the sentence
- Have the confidence to allow silence
- Relate to the audience right at the start by using effective body language
- Smile when appropriate and make eye contact most of the time
- Finish positively, with another smile
- Answer questions to the whole audience
- Breathe well to give yourself confidence and support your voice
- Don't worry about being nervous – it really helps! Be confident, too