

HOW DO YOU STAND AS A SPEAKER? – Part 1 Name:**Date:**

Now you are about to start this Youth Leadership program we would like you to think about how you feel about standing up and speaking in front of a group of people.

Tick to indicate whether you feel uncomfortable in any of the following situations	Tick if yes
Being the centre of attention	
Having to raise my voice to be heard	
Having to make eye contact with the audience	
Becoming aware that I'm saying a lot of ums and ahs	
Becoming aware that I am racing through what I'm saying	
Being aware that I am swaying side to side or pacing backwards and forwards	
Finding it difficult to concentrate on what I'm saying	
Or, all of the above	

Note here anything else that makes you feel uncomfortable

Liz Burnett and Fiky Wilkinson Oct 2022

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