



Speak with Confidence

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**According to most studies, people's
number one fear is public speaking.
Number two is death...**



**That means to the average person,
if you have to go to a funeral,
you're better off in the casket
than doing the eulogy.**



– Jerry Seinfeld

Anthony Poconi – Speaker, Colorado
<http://anthonypoconi.com/publicspeaking/>

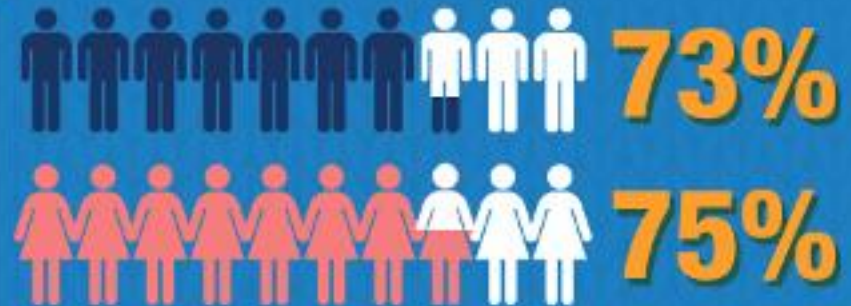


FEAR OF PUBLIC SPEAKING

ALSO KNOWN AS GLOSSOPHOBIA



74% OF PEOPLE
SUFFER FROM
SPEECH ANXIETY



5.3 MILLION

**AMERICANS
HAVE A
SOCIAL PHOBIA**

3.2 MILLION

**AMERICANS HAVE
A FEAR OF
CROWDED PUBLIC PLACES**



Public speaking is the greatest fear that people have, even greater than spiders and death itself.



SHORTER IS SAFER...



William Henry Harrison is credited for giving the longest speech at an inaugural ceremony. The speech comprising of 8445 words exposed him to cold and wet, killing him a month later through pneumonia. George Washington, on the other hand didn't stress his vocal chords giving an inaugural speech just 135 words long.



THE LONGEST SPEECH RECORD IN THE HOUSE OF COMMONS THOUGH STANDS SINCE 1828. IT LASTED 6 HOURS.

AT ANY GIVEN TIME, 5% OF THE WORLD'S POPULATION AGED BETWEEN 5 AND 50, SUFFER FROM THE FEAR OF SPEAKING IN OPEN TO OTHERS. THAT IS WHY MORE MEN AND WOMEN LOOK FOR A SOLUTION TO THIS FEAR BY TURNING TO HYPNOSIS THERAPY AND SELF HELP BOOKS THAN FOR ANY OTHER REASON.





SOURCES:

NATIONAL INSTITUTE OF MENTAL HEALTH

([HTTP://WWW.STATISTICBRAIN.COM/FEAR-OF-PUBLIC-SPEAKING-STATISTICS/](http://www.statisticbrain.com/fear-of-public-speaking-statistics/))

[HTTP://PUBLICSPEAKINGSUCCESS.NET/ARCHIVES/340](http://publicspeakingssuccess.net/archives/340)

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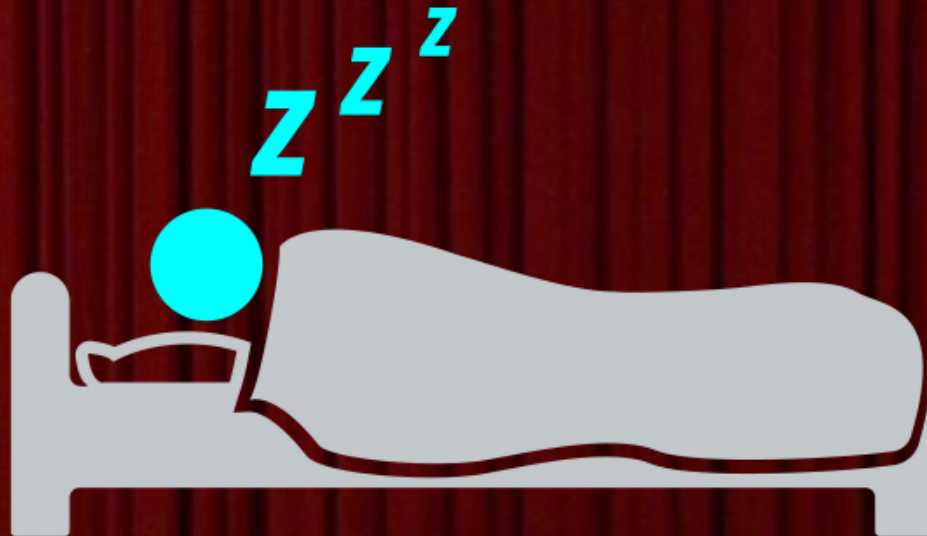
What people
will think

Importance
of message

Prioritize your feelings

Wellness

- Sleep, drink water, eat





Breathe & Relax

- Take deep breaths and relax
- Tight muscles will make you more tense!

CONFIDENCE

- Content – know it!
- Organization – arrange it
- Notes – remember it
- Friendliness – smile!
- Impression - professionalism

CONFIDENCE

- Dedication – prepare, practice
- Empathy – know your audience
- Newness – bring novelty
- Conviction – believe!
- Enthusiasm - is contagious

Avoid:

- Perfectionism
- Ego
- Picturing people naked



Background

- Est. 1895 *Wisconsin Lyceum Society*
Program of University of Wisconsin
- Elocution – speaking, performance
- Renamed 1925
- Independent nonprofit late 80s



Mission & Philosophy

- Not to defeat each another, but to pace one other on the road to excellence.
- Contestants evaluated on their own merits, not *comparatively*.



Partners



National Federation
State High School
Associations



NATIONAL
SPEECH & DEBATE
ASSOCIATION
NATIONAL FORENSIC LEAGUE



EDUCATIONAL[™]
THEATRE
ASSOCIATION

One-Act Theatre

- One-Act or cut full plays, <40 minutes
- Fully produced: scenery, costumes, etc.
- District → Sectional → State
- 1,200 students, 70+ schools



Debate



- Public Forum format (~30 min.)
- *Big Questions* format (can be classroom)
- < 10 schools, ~30 students
- < 30 schools, <100 students (WDCA)

High School Speech

- Speeches, Performance of Literature
- 7,000+ students, 350+ high schools.
- Subdistrict → District → State
- UW-Madison
- Adjudicator (judge) training



Middle Level Speech

- Speeches, Performance of Literature
- Grades 6-8
- 2,500+ students, 120+ schools
- Local contests (no state level)



+ Film Festival



- In development
- Initial evaluation online
- Statewide festival - screenings



Benefits

- Confidence
- Critical thinking
- Soft skills
- Collaboration / Leadership
- Innovation

Coulee Region

- Legacy, but dwindled
- Little debate
- 1 middle school (Holmen)
- Shrinking theatre
- No collegiate level



The Late Jim Sauer, Central HS



Engage

- Judge/adjudicate contests
- Volunteer/coach
- Advocate debate
- Encourage theatre
- Promote middle level
- Donate