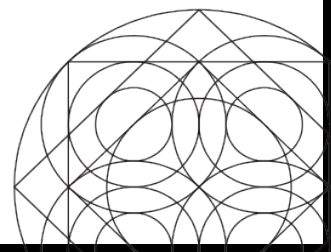
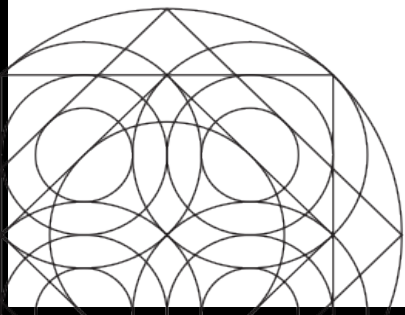
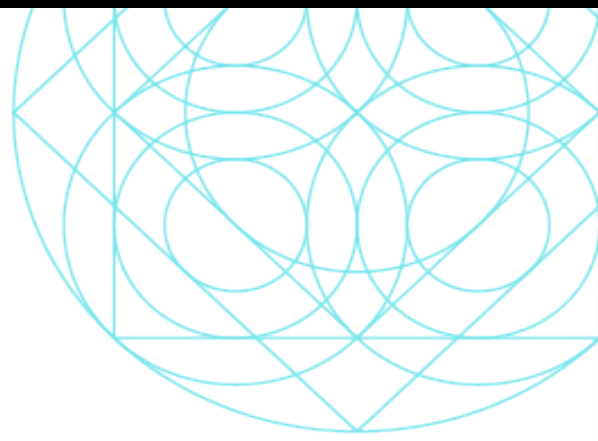


REHEARSAL



Rehearsal



STEP 1

Read your entire script out loud

Not just once or twice, I read mine between 6-10 times, each time refining the script

The way we write and the way we speak are different

STEP 2

Print out a script manually and make markings over

This content mapping trick also works wonders for memorizing if you're a visual person

STEP 3

Go Off Book

The best way for getting off book is to recite the speech into the voice memo app on your phone, and play it back couple of times

Walking a speech in is a really great way to get it into your mind, because it gets it into your body

STEP 4

Get Feedback

Bring some friendly audience members in for some critical feedback

So this is great practice and lets you really quickly identify which parts of this speech audiences really resonating with and which parts they just don't get.

Homework

Download the Script to the Pre-Party video if you haven't done so already. You will need a few copies.

Now you're going to do a content mapping exercise, using this script and my performance in the Pre-Party video – the one where I have my face to camera.

Using everything you've learned in the previous lessons, go through the script once and content map my script as best you can, without referring to my video.

Now run through this exercise again, only this time listen to my performance in the pre-party video, listening only, don't watch the vision.

Now see if there's any extra markings you can hear me making, that you haven't already mapped out.

Things like pauses, inflection raising, emphasising certain words. Anything that you missed the first time round.

How did you go when comparing your efforts to my audio? Did you get most of it mapped?

Now run through this exercise a third time, this time you'll be watching the video but have the audio on silent.

As you watch it, pay attention to my hand gestures, and see which hand gestures and body movements I used for each word and sentence.

Feel free to mark these in as well. I personally don't map out my hand gestures any more but when I was starting I certainly did.

Now once you've got your final content map, take a photo of it and post it in the Facebook group. If you share yours with me, I'll share mine with you!

Finally, record yourself performing the script for my pre-party video using the 4-step rehearsal process. You don't need to do all of it, just the first 30seconds.

Now post your video in the Facebook group – remember we're trying to build confidence on camera and this starts right here!