



Project Checklist

Introduction to Vocal Variety and Body Language

Purpose: The purpose of this project is to practice using vocal variety or body language to enhance a speech.

Overview: Learn or review the importance of vocal variety and body language. Present a 5- to 7-minute speech on any topic at a club meeting. The primary focus of the evaluation is your vocal variety or your body language and gestures. You will identify the skills you are working on for your evaluator before you deliver your speech and be evaluated on those skills.

This project includes:

- ▶ A 5- to 7-minute speech.

The following list includes tasks for this project. Please remember, your project is unique to you. You can use the checklist here or complete the digital version in your project on Base Camp.

Schedule your speech with the Vice President Education.

Write your speech.

Decide the focus of your evaluation. You can select vocal variety, body language, or both.

Rehearse your speech.

If possible, have your mentor, a friend, or family member video record your speech. If you do not have access to a recording device, perform your speech in front of a mirror.

Email, post to feedback, or print your chosen evaluation resource. If you know who your evaluator will be, send it directly. Always prepare for a change by having the resource ready to add to chat, email, or hand to the evaluator at the start of your Toastmasters meeting.

When all components of your assignment are finished, complete your self-reflection by adding what you have learned to the last column of the Know-Wonder-Learned activity.