



The Speech Clinic®



Speaking Tips # 29 061002

Training courses, catching seminars and focused individual coaching
www.speechtracker.net

Wedding Speech Panic?



Be prepared

Take it easy. Don't hesitate to use a manuscript, but rather than holding it, put it on the table. Find out where you will be sitting and stand. Also when and how long you are scheduled to speak.



Show feelings

A wedding party is a happy, moving occasion. Therefore, show your feelings when you speak. Forget about yourself and your stress and focus fully on the wedding couple. Speak loudly, articulate, smile, keep eye contact. If you are moved to tears, then let them flow. If you feel real joy, then bubble over with life. The main thing is that you don't subdue your feelings but release them generously. That will open the hearts of everybody.



Use humour

Only tell a joke if it serves as a comparison or a metaphor, such as "...it's like the old joke ...", and it is directly related to something in the speech. You may be sarcastically funny about the groom if he can take it, but you should be a bit more careful with the bride. Quotes and metaphors can rouse great bursts of laughter if they come unexpectedly in the right place. Do mention the source if known.



Be short

The parents of the wedding couple have the right to speak the longest. If they speak 5-7 minutes, then others should speak 3-5 minutes. You can fill a surprisingly high amount of content even in only a 2-3 minute speech. Many speeches are sadly wasted because they are too lengthy. They violate on other speakers' time and potentially spoil the dinner.



Avoid negative embarrassments

Don't talk or joke about the groom's or bride's other earlier relationships, their sex lives or their stag and hen parties. Don't hint about future children (they may not get any).



Avoid heavy or sad stories

For example: one of them may have had a difficult and lonely childhood which will now be cured with this marriage.



Don't drown your nerves in alcohol

The wine is there for the toast after the speech and is not to be touched during the speech. Take a sip of water now and then. That gives you a chance to glance at your manuscript unnoticed at the same time. To become totally calm from alcohol requires a substantial quantity. Once you have stopped shivering by that reason, your brain will have drowned and the speech will become thick, pathetic and endless.

Speech Tracker AB, Kronhjortsgatan 8, S-412 68, Göteborg, Sweden, Tel. +46 (0)31 7034520, Mob. +46 (0)708 242888,
info@speechtracker.net, www.speechtracker.net

Please tell colleagues and friends to register for Speaking Tips!

If you do not want to stay on my distribution list, simply state this in an e-mail to info@speechtracker.net

Copyright The contents of this Newsletter may be copied and distributed only for non-commercial purposes and as long as the name and contact information of the author is clearly stated. Ex. "Copied and distributed with the permission of Paul van der Vliet, Speech Tracker AB, www.speechtracker.net"