

Part 1: SPEAKING How to Speak in Public with Confidence

Word class		Swedish translation	Easier replacement
	overwhelming		very big/very strong
	gonna		going to
	techniques		ways of doing things
	as well		also
	adrenaline		energy-giving body chemical
	chatting		talking
	strategic		related to a plan to reach a goal
	creepy		weird and scary

Watch this video: <https://youtu.be/QtbqvDJQ!sg>

Part 2: DIALOGUE

Turn to the person next to you. 1. Read the dialogue. 2. Swap characters and read again.

OLD MAN: She's killing it!
I can't follow this act.
I can't do this.

YOUNG MAN: What do you mean you can't do this?

OLD MAN: It's too overwhelming.
Look at all these people here.
Oh! I don't want to be here.
I want to be at home.

YOUNG MAN: You're gonna be fine!

OLD MAN: Really?

YOUNG MAN: Yeah.

OLD MAN: How?

YOUNG MAN: I'm gonna show you, and YOU

in five steps how anyone can overcome the fear of public speaking!

OLD MAN: Who are you talking to?

YOUNG MAN: Never mind them. Let's focus on you.
Let's start with some breathing techniques
and you guys as well, if you're practicing for a public speaking event,
use these techniques, follow along with me.

OLD MAN: Who are you talking to?

YOUNG MAN: Shh.
Just breathe with me.
Look if you breathe like that it's gonna make you all panicky.
It increases your stress levels increases your adrenaline.
It's rubbish.
What we want to do is breathe from the lower part of your body.
Breathe from your diaphragm. Imagine the whole bottom part of your body is filling with air
and release all the air out of your system
and you can do this three times, four times,
as many times as you need, in order to feel comfortable.

OLD MAN: Is there someone out there?

YOUNG MAN: Breathe in for four.
And out for four.
Feel more relaxed?

OLD MAN: Yeah, calmer.

YOUNG MAN: The most important thing is to know your subject.
Research your subject as best as you can.
Do you know everything there is to know about it?
If someone has questions about it could you answer those questions?
I mean for example, Brian, you're a comedian!
Do you know your jokes?

OLD MAN: Yeah.

YOUNG MAN: Are you excited about them? Are they funny to you?

OLD MAN: Yeah, yeah.

YOUNG MAN: That's all that matters.
If you're interested in it, your audience are gonna love it.

OLD MAN: Okay.

Part 3: KNOWLEDGE ASSESSMENT

Now go to your school email account and answer the questions **KNOWLEDGE ASSESSMENT Lesson 7**