

Precision Pacing

Deck A - Purpose

Motivational Speech	Giving a thank-you speech
Urgent Announcement	Pitching a new idea
Telling a story	Encouraging someone who is nervous
Formal presentation	Welcoming somebody new
Delivering bad news	Giving instructions



Deck A – Purpose scripts

I know starting something new can feel overwhelming. Every successful person you admire once stood exactly where you are now, wondering if they were ready. The truth is, you already have the skills and the determination you need. Each step you take from here will build your confidence and move you closer to your goals. Believe in yourself, because you are capable of more than you think.	I am truly grateful for the support and encouragement I have received. This achievement is not mine alone, but a reflection of the hard work and dedication of everyone who has been part of this journey. I want to thank my friends, my colleagues, and my family for always believing in me. Your kindness and commitment have made this possible, and I am proud to share this moment with you.
Please stop what you are doing and listen carefully. There is an urgent situation that requires immediate action. Everyone must leave the building by the nearest safe exit and gather at the main assembly point outside. Do not return for any belongings. Follow the instructions of the staff on duty and assist anyone who may need help. It is important that we stay calm and move quickly.	I would like to propose a weekly school newsletter created by students for students. It would share news about upcoming events, celebrate achievements, and include interviews and articles written by our peers. This would not only improve communication across the school, but also give students a voice and valuable experience in writing and publishing. I believe this could become a project we are all proud of.
Last week in PE we were playing five-a-side football and our team was losing badly. With one minute to go, the ball rolled towards me. I'm not exactly the star striker, but I thought I'd give it a go. I kicked it so hard it bounced off the goalpost, hit our PE teacher on the head, and rolled straight back into the net. Everyone started cheering, and for once, I felt like the hero of the match.	I know you are feeling nervous right now but remember how much work you have put in to get here. You know your material and you have practiced for this moment. Take a deep breath and focus on the first sentence. Once you start, you will find your rhythm and your confidence will grow. The people listening want you to do well. You are ready for this.
Good afternoon and thank you for joining me today. I will be presenting the results of our recent project and outlining the next steps we plan to take. I will begin by sharing an overview of our goals, then move on to the data we collected, and finish with our recommendations for moving forward. I look forward to your questions and feedback at the end of the presentation.	Welcome to our team. We are really pleased to have you with us and I am sure you will make a great contribution. Over the next few days you will have the chance to meet everyone and get familiar with how we work. If you have any questions please ask at any time. We are all here to help you settle in and make sure you feel part of the group.
I wanted to let you know that the school trip to Alton Towers has been postponed. The coach company had a major breakdown this morning and can't get us there on time. I know you were all really looking forward to it, but the good news is we've already booked a new date for next month, and your tickets are still valid. We'll make sure the day is worth the wait.	Please listen carefully to these instructions. First, collect all the materials you will need from the supply area. Next, organise your workspace so you have enough room to work safely. When you begin, make sure you follow each step in the order given on the instruction sheet. If you are unsure about anything, ask for help straight away. When you have finished, tidy your workspace and return any unused materials.



Deck B - Audience

Your classmates	The teaching staff
A group of primary school children	A group of strangers
Your future self (in ten years)	A celebrity guest visiting the school
Your local MP	Someone who always disagrees with you
A sports team	Your manager at work



Deck C - Twist

You're under pressure because you're late for something important	You're speaking in a very noisy room
You're trying to keep the audience in suspense	You must win the audience over after they've been bored by another speaker
You must sound as confident as possible, even if you don't feel it	You must start with a dramatic pause before your first word
You must make at least one person in the audience laugh	You must change your pace at least twice during your talk.
Speak as though you're commentating on a sports match.	Speak as if you're performing a dramatic theatre monologue.

