

## Life is a Beach? Life is Speech Topics!

One reason why some members, especially the new members, are reluctant to give a speech is because they have difficulty deciding what to talk about. Our daily lives provide plenty of speech topics. The following categories are some examples.

- **Personal life** - We often start with this category - family, friends, education, and work - when we give our Ice Breaker. Every member should have many times the speech material needed for the 4-6 minute Ice Breaker. Use it for other speeches. Do you have one or more special persons who have influenced your life? Have you kept in touch with your childhood friends? What opportunities and challenges have you encountered in your career? Talk about them.
- **Work experience** - Do you deal with customer service? You probably have many anecdotes from interactions with customers. Are you an engineer? A member in one of my clubs gave a fabulous slide presentation to show us many kinds of bridge design and architecture. No matter what your field of work is, you can share your work experience with your audience.
- **Hobbies and skills** - What are your hobbies? I have heard speeches on topics from underwater photography to skydiving. If you like to watch television or surf the Internet, tell us about interesting programs or information you have found from these media. And, since Toastmasters is an organization for self-improvement, your audience will enjoy listening to a topic on developing skills, whether it is about communication, leadership, or woodworking.
- **Science and history** - You do not have to be a scientist or you do not have to speak to a technical group to talk about science. Science affects our daily lives. For example, have you heard of the five-a-day program that encourages people to eat at least five servings of fruits and vegetables every day? The program is the result of scientific research that determined the beneficial effects of these food types, and it affects everybody. Of course, you can also speak on more exotic topics, such as human's exploration in space. History books have plenty of memorable stories.
- **Social issues** - Are there social issues you care about? What are the controversial issues in current affairs? If you are interested in a topic you find in the news, chances are that your audience will be interested too.

When you speak on topics that reflect your knowledge, interests, and life experience, you speak from the heart. That is the foundation of a good speech!

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