

Activity: Pacing Check (5 minutes)

Instructions:

Read the paragraph below out loud. On your first read, speak at your natural pace. On your second read, intentionally slow down by pausing briefly at commas and taking a full breath at each sentence break.

Reading Passage:

Preparing a clear presentation is not just about organizing ideas, but about giving your audience time to process them. When speakers rush, even well-designed slides and thoughtful explanations become harder to follow. Speaking more slowly does not mean sounding unsure or unprepared; instead, it allows listeners to absorb information, notice emphasis, and stay engaged.

Many speakers underestimate how quickly they are talking, especially when they feel nervous or deeply familiar with the material. What feels slow to the speaker often sounds natural to the audience. By adding intentional pauses between ideas and breathing between sentences, you create space for clarity. Over time, practicing at a steady pace builds confidence, improves vocal control, and makes your message more effective.

Reflection (after reading):

Briefly note:

- Did slowing down feel uncomfortable or unnatural?
- Where did you want to rush?
- Did the second reading feel clearer or more controlled?

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