

Strong presentation skills are essential for success in FCCLA, whether you're competing in STAR Events, running for office, or leading a chapter meeting. A well-delivered presentation can captivate your audience, convey your message clearly, and leave a lasting impact. Here are key tips to improve your presentation skills:

1. Know Your Content

Confidence comes from preparation. Understand your topic inside and out so you can speak naturally without relying too much on notes.

2. Practice, Practice, Practice

Rehearse multiple times to refine your delivery. Practice in front of friends, family, or a mirror to get comfortable with your speech.

3. Engage Your Audience

Make eye contact, use gestures, and vary your tone to keep your audience interested. A monotone voice or lack of expression can make even the most exciting topic seem dull.

4. Use Visuals Wisely

PowerPoint slides, posters, or props can enhance your presentation, but they shouldn't overpower your speech. Keep visuals simple, clear, and relevant.

5. Control Your Nerves

Feeling nervous is normal! Take deep breaths, maintain good posture, and focus on delivering your message rather than your fear.

6. Time Management

Stay within the time limit and pace yourself. Speaking too fast can make it hard for the audience to understand, while speaking too slow may lose their attention.

By practicing these skills, FCCLA members can excel in competitions, leadership roles, and beyond. Strong presentation skills not only help you in FCCLA but also prepare you for future academic and career success!

FCCLA Presentation Skills Activity

Objective:

To help FCCLA members develop confidence and effectiveness in public speaking through hands-on practice and peer feedback.

Materials Needed:

- Topic cards with different FCCLA-related topics (e.g., leadership, community service, STAR Events, teamwork, FCCLA's mission, career pathways)
- Timer or stopwatch

Activity: "Impromptu Speech Challenge"

1. Warm-Up (5 minutes)

- Start with a quick group discussion: *What makes a great presentation?*
- Ask members to share their experiences with public speaking—what works and what's challenging?

2. Main Activity (20 minutes)

- Each participant draws an index card with a random FCCLA-related topic.
- They get **2 minutes** to think about their topic and organize their thoughts.
- One by one, participants will present a **1-minute speech** on their topic to the group.
- Encourage engaging body language, eye contact, and clear speaking.

3. Feedback & Reflection (10 minutes)

- After each presentation, the group gives **positive feedback** and one **constructive tip** for improvement.
- End with a reflection discussion:
 - *What did you learn?*
 - *What strategies will you use in future presentations?*

**My favorite FCCLA
memory**

**Why FCCLA is
important for
students**

**The impact of FCCLA
on leadership skills**

**How FCCLA prepares
students for the
future**

**The benefits of
competing in STAR
Events**

**How FCCLA
promotes
community service**

**What makes a great
FCCLA leader?**

**FCCLA's role in
career and technical
education (CTE)**

**How FCCLA helps
students develop
teamwork skills**

**The importance of
FCCLA's national
programs**

**The key to being a
confident speaker**

**Why communication
skills matter in
leadership**

**The power of a
positive attitude**

**How to overcome
stage fright**

**The importance of
time management**

**How to inspire and
motivate a team**

**The value of goal
setting**

**Why problem-
solving is an
essential skill**

**Why active listening
is just as important
as speaking**

**How to stay calm
under pressure**

**The role of
professionalism in
leadership**

**How FCCLA helps
students develop
real-world skills**

**The impact of body
language on public
speaking**

**How to engage your
audience from the
start**

**The most important
quality of a great
public speaker**

**How to turn nervous
energy into
confidence**

**Why eye contact is
essential in a
presentation**

**The importance of
clear and concise
messaging**

**How to recover if you
make a mistake while
speaking**

**How to engage your
audience from the
start**