

## **At My Best Introductory Speech 20 points**

This speech is used as a forum to introduce yourself to your fellow classmates. The goal is to tell the class something about you as a person. The AMB speech is a narrative, meaning you are telling a story about a time when you excelled at something, when you were proud of yourself, when you were in your element.

Some examples of an AMB speech include: giving the valedictorian speech at HS graduation, taking a grandparent out of a nursing home to go camping for a week, holding the hand of a fellow drunk driving victim before the ambulance came, winning an award, rock climbing for the first time, surviving childhood leukemia, giving birth, etc.

As you can tell, the range of topics can be very broad. The only requirement is that it is a story about yourself that sticks out in your mind -- one you can tell with little effort because the details and feelings of the moment are etched in your brain. It is important to stay away from topics you may not be comfortable talking about in front of the class. A memory too recent or too close to the heart may be difficult. However, pick a topic that honestly tells us something important about yourself and what you value. Be creative!

The best way to prepare for this speech is to go home and write the story out on paper or on the computer, then read it over carefully to see if it doesn't flow or if you've missed any pieces of the story. After it reads smoothly, practice giving it a couple of times to yourself, a friend or family member.

**Requirements - 3-5 minutes long**

**No notecards**

**Speech must end with the words "and at that moment, I knew I was at my best"**

**What I am looking for:**

**Keep within the time limit**

**Practiced enough so the story flows smoothly**

**Story is engaging and tells us something about you**

**How comfortable you are up front**