The first thing to remember when speaking at a Model UN conference is that everyone is in the same boat. Everyone has their difficulties, and everyone finds speaking a challenge at some point. Therefore don't be worried about other delegates judging you, because they are all in the same position. Here are some tips to help you feel a little more comfortable.

**Prepare** - No matter how good you are at public speaking, you need intelligent points to discuss. Therefore research will make it easier to talk, because all of the information will come naturally. Decide how you feel most comfortable delivering your speech. You may choose to use your position paper text as your opening speech or you may write out some key points. In time, you may feel comfortable speaking without any written notes at all. If you plan to use a word or phrase that is unfamiliar to you, make sure you learn its meaning and how to pronounce it properly.

**Practice** - Practice makes perfect. If you want to improve, then going on more conferences will provide the best practice. You can also try practicing in front of a teacher, a parent, or fellow Model UNers from your class or club. When you listen to a speech, provide constructive feedback rather than criticism. When someone critiques your speech, accept the feedback graciously and use it as a tool to strengthen your public speaking.

**Eliminate unnecessary “filler” words** - Fillers are words and phrases such as "umm," "well," "sort of," and "like". These words take away from the message you are trying to convey. Some additional fillers to avoid are “so,” "you know," "I think," "just," and "uh."

**Use Meaningful Pauses and BREATHE** - Breathing sounds easy, but really it's a skill while public speaking. Leaving a moment of silence between sentences can be a powerful public speaking tool. Pausing after an important point or before answering a question will help to hold the audience’s attention. A pause can also give you time to formulate your next statement. Try to breathe from your diaphragm – the organ below your lungs that controls your respiration. You are breathing properly if you can see your abdomen rising and falling with each breath. Try to inhale and exhale completely.

**Pace Yourself and Be Concise** – Overall, slower is usually better than faster. If a speaker talks to fast, it becomes challenging for your audience to understand them. Therefore, the rule of thumb is to slow down and really think about what you are discussing. Speak concisely so that your audience does not lose your main arguments among less-important details. Try not to speak in circles. Instead, go straight to your most important point.
Choose a Comfortable and Strong Posture – Choosing a position where you feel comfortable is vital to success. Never pick a posture that feels awkward, because chances are the audience feels the same way. Try to put the shoulders back, and sit upright. This will radiate strength and confidence, which the audience will appreciate and respect. A strong and healthy posture will force the audience to listen to your points more closely.

Not every speech can be your best. If you have a bad speech, don’t be discouraged!