Motivational speech Below you will find my speech and then below that you will find the edits from my Talent agency who hires me out. Please send me a sample of things you would do to change my speech based on the edits of my agency. Thank you\r\n\r\nI. Introduction\r\nA. Express thanks, honor, and gratitude for the occasion. (1-2 minutes)- Jeri White-Gary White\r\n\r\nB. Today, I’m like to share with you what my road to recovery has been like and how I hope to use my experiences to help others.\r\n\r\nII. Mental Toughness (10 minutes)\r\nA. From an early age, my father instilled in me the value of mental toughness. \r\n-elaborate here about how your father worked hard to achieve success/stability, how his example shaped you into a confident person who has always thrived in the ‘pressure player’ position, give last second free throw example, and close with how you know that it is this mental toughness that saved your life…which is what will transition you to point B. (Teach my kids they want to be the one up to bat in the last inning) Poor family\r\nB. I know I survived that day because of my mental toughness and perseverance. After my kids were safe, I was alone, the cold, rain, and wind set in..the pain was a constant agonizing pain. I knew that I was injured badly and that it was a race against the clock. Pep talks to myself, surviving because I love life, my kids and my family. Overwhelming urge to close my eyes and take away that pain. Body is not in shock. The scary reality that my life may end here. \r\n-elaborate here on how you kept yourself fighting…through the pain, through the fear, how thinking about your husband, your kids, your future kept you going, how even in the trauma center you were making jokes…Russ my neighbor and pedicures, Scott Beyl and the IU hat..\r\nEverything in my life up until that moment prepared me for what I\'d just been through....I\'d made it. I\'d survived. My surgeon stated that the particular artery that I severed I should have died in 10-15 min. But I’d made it, I had managed to survive 2.5 hours just long enough to get me into Jason’s hands… And now it was all up to them. I was safe to finally let go, my kids were safe, and I closed my eyes, and that\'s the last thing I remember. It was the end of a chapter in my life.\r\nA few hours later, I woke up in recovery. I asked Joe if my legs were gone, and he said yes. And I cried....but just like how I\'ve always approached challenges in my life, I was ready to begin figuring out what I needed to do to move forward in this whole new chapter...........\r\n\r\n\r\n\r\n\r\n\r\nIII. Motivation (10 minutes)\r\nA. The only limitations I have are the ones I set on myself.\r\n-talk about your expectations from immediately after the storm (what you told all the doctors/specialists about doing their part), how you didn’t just want your legs back, but how you want, deserve, and expect to have your life back, how you find strength in knowing you’ll get to watch your kids grow up and still be active with them (run on the field, track, tag in the backyard)… Tell your kids you can do anything and you have to believe it. Work hard enough, want it bad enough, you can have everything you want. \r\nB. I have to remind myself that this is not a sprint….it’s a marathon.\r\n- days where you struggle like anyone else would, how you have to try to be patient with a slower daily pace and sometimes slower progress than you’re used to, how you receive emails from people who are depressed and wonder how you keep going and what you tell them about setting small, realistic goals for yourself, do what you’re passionate about, and having a step by step plan (dancing on Ellen, walking with the President, for example)…\r\n\r\nIV. Helping Others (7-10 minutes)\r\nA. I’ve always been the type of person who sees the positive in every situation. \r\nMEDIA\r\n-talk about how almost immediately, you and Joe recognized how valuable a role the media could play in your situation (not only helping you financially, but also in creating awareness for new cause/mission in life)\r\n-then transition to the message about changing what disability is and how the media helps do that (Nike commercials, Wounded Warriors, Olympics, etc.)\r\nB. Not only has this changed my life, but I believe in time it is going to change the lives of so many others for the better.\r\n\r\nLAWS and FOUNDATION\r\nI am a better person today than I was 7 months ago. I realized over the course of this 7 months that it’s not all about ME. My daily life of running my kids and school was shattered. My problems in this world are so little compared to others and I have been given a gift, a platform, a voice to help 100,000’s of people that are struggling and need guidance. We have a chance because of my accident to make a wave that is now a ripple affect through an entire nation. \r\n\r\n-talk about Parity Laws, leading edge technology, groundbreaking insurance action, and The Stephanie Decker Foundation and its mission to give children with prosthetics a sense of normalcy and the opportunity to play sports (share story about the pitcher Joe worked with), and how overall, you’re striving to spread the message that everyone deserves the best care available no matter what..\r\n\r\n\r\nBefore the presentation:\r\nVideo intro. Ensuring that the video is played, and there\'s no need for the announcer to read your bio. If they want to say something like, \"Ladies and Gentlemen, we welcome to the stage, Stephanie Decker.\" I put a note in our database about this, so anytime you have an event, the client will be aware of this. Having said that, it\'s still a good idea to go over this when you do a sound check with the client to make sure everyone is on the same page.\r\n \r\nMicrophone. If someone wants to do a sound check in the future (which is recommended), let them, if possible, put the mic on you so you know where it\'s going to be placed ahead of time. This way, you\'ll know what not to bump…also, it gives them a good idea how loud you talk and sound levels can be set ahead of time. \r\n \r\nIf the client winds up setting a table up beside your chair, use that only as a place to put notes. Stray away from leaning on it. Keeps the perception of being engaged. \r\n \r\nLighting. That was great that they moved the stage so you could be more front and center for the entire Barnabas group. Always be aware of lighting. If lighting is in your eyes, then it\'s pretty well lit…if it\'s not, you want to make sure your well lit so the entire audience can see you. The Barnabas group, while intimate, could have been lit better. There are times where you have to roll with it and do with what\'s there…but it\'s good to have awareness.\r\n \r\nIf the client decides to do a Q&A (also, we\'ll try to know that before hand…it\'s just good to know), repeat the audience member\'s question to ensure everyone hears. Also, there should be a time limit on the Q & A session, this way you\'re not the one saying, are there anymore questions…who ever is hosting the Q&A should hopefully be the one to wrap it up. You can always make yourself to be available to answer more questions after the session (if the client wants).\r\n \r\nPresentation:\r\nStrong opening. In the first few minutes, the audience has to understand why they are there…and the value of hearing you. Always good to start off with a little bit of humor…it relaxes the audience…and it supports how you use humor.\r\n \r\nMiddle. This is the thick of the presentation. Knowing the areas you want to cover frontwards and backwards. Ensure you create clear messages for each section you want to cover (Teamwork. Overcoming Adversity. Motivation/Inspiration.). Think how you build this to a climax.\r\n \r\nClosing. You want to remind them of the important points you shared (the take-away). Then put it in their hands and challenge them to take on the value points you talked about. Lastly, give them encouragement that they CAN do it.\r\n \r\nOther keynote items…\r\nMe to We. \r\nFocus on how you can take those personal stories, and flip it so the audience can overcome their challenges. \r\nProvide the credit to others, show how fortunate you are with the solid foundation, how the kids in the foundation inspire you (using stories)…this will elevate who you are and impact the audience even more. Obviously, there are personal \"alone\" and \"I can do it\" moments---but make sure you\'re very strategical on when/how you want to use those moments. As a matter of fact, some of those moments, are things you can tell the audience that they ALL posses (no matter the situation…life or death, minor issues at work, etc.). The idea is to empower and encourage. Okay…here goes my Rocky analogy (I\'m staying away from Star Wars)…. What Rocky does as a boxer is extraordinary…but by the time the movie is over, I feel like I can go out, do a workout like him and box ANYONE. That\'s the feeling you can give. \r\n \r\nWhat are some of the questions you are most frequently asked? These are items you can put into your presentation.\r\n \r\nPacing with drama and humor. When you get deep into a dramatic part, it\'s okay to break it up and put some humor. It\'s gives the audience a bit of a break and lets them breath for a second. But then know that the humor opens them up for the dramatic punch. Which if done right, it can be very poignant. \r\n \r\n \r\nKnowing your presentation. Getting to the point where you don\'t need the notes that you have…where you can feel really comfortable about the stories---and the notes no longer get in the way…knowing the presentation backwards and forwards will allow you even more freedom as a presenter.\r\n \r\n \r\nImages. The video is so moving and sets up your presentation so well. You might want to consider using images. Images of the team of doctors, Russ, parents, Joe, your kids (kids can be very impacting…this is NOT to expose them…but allow the audience know you\'re a real person, just like them…this could happen to anyone in the audience)…pictures of you working out, a kid or two with the foundation…but make sure it comes with a story…the visual can help depend the story and add a dynamic impact to your presentation. An image may also help you focus as you continue to shape your presentation…be careful not to make it a vacation slide presentation. The few select pictures, if you use them, should also spark emotion for you…extreme happiness, laughter (and when you get a great picture of a child with a big smile who is helped by your foundation)…the giggle of an audience will soon turn to a tear drop because they become invested…and at that moment, they understand…why you do what you do…it\'s a cause bigger than yourself.\r\n \r\nSit/Stand/Walk. You might want to go through your presentation…then figure out what are moments that you would sit/stand/walk. How movements impact the story.\r\n \r\nHere are a few speakers who are worth watching…to get a sense of how they impact and their presentation styles…\r\n \r\n \r\n