



# One-minute talks

WITH THIRTY SECONDS OF FEEDBACK

GROUPS OF 3-4



# EYE CONTACT

- ▶ MAINTAIN EYE-CONTACT THROUGHOUT THE WHOLE TALK....
- 



# HOBBIES



# PLANS



# TRAVELLING



# MEDIA



NO FILLERS SUCH AS „EH, HM, AH...“





# GOALS





# OBSTACLES



# SELF-CONFIDENCE



# OPTIMISM

