



# A Dedicated Nurse in Every School

## - Talking Points -

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### IN PERSON TESTIMONY AT SCHOOL BOARD - TIPS

The ASD School Board will do a second reading of the budget on Tuesday evening, **February 17<sup>th</sup>**. The meeting will begin at 6 PM. To testify, you must sign up on the board's webpage before midnight on Monday the 16<sup>th</sup>, Visit the board link (<https://www.asdk12.org/school-board/board-meetings/testify-at-a-meeting>) to get signed up. There are two opportunities for public comment, one close to the meeting start and one after the board is finished with their business. The board anticipates lots of commenters, so they have limited testimony to **2 minutes**.

### TIPS

1. If you are a great extemporaneous speaker, you are welcome to speak without notes. However, most folks will want to write down their speech.
2. At average speech rate, you can say between **250 and 300 words in 2 minutes**. Type out your speech and use word count to limit the words, then practice. The microphone will be cut off at 2 minutes, so you'll need to watch your timing.
3. Decide your tone and the focus of your speech. You will NOT be able to cover all the talking points. Pick what is important to you. Be concise.
4. Print the speech in slightly larger font so that you can read it easily. Some people use their phones.
5. Be sure they hear you. Speak up. Mouth close to mike. Frequent eye contact with the board while reading is a great plus, if you can manage it.
6. Drink water. Dry mouth is a thing.
7. Public speaking is a tremendous asset and a very impressive act. Get out of your comfort zone and onto the podium. Be polite but forceful and professional.