

Quick Tips for OPENINGS to your talk: (cheat sheet)



1. Tell a Story:

When I was seven years old and my sister was just five years old...

2. Make a provocative statement:

Today, you will learn something that will add 10 years to your life.

3. Ask questions....

Show of hands....how many of you?

4. Start with a PROP (the audience is visual)

5. Incite curiosity:

"I need to make a confession at the outset here."

6. Use the word "imagine."

Imagine waking up feeling refreshed and aches and pains are gone

7. Did you know? (share statistics)

Did you know 70% of illnesses are stress related?

8. Quote an influential person

Start with the end in mind. Stephen Covey

9. Use humor:

"Okay, it's come to my attention that the person to your right is a liar."

10. Start out singing, dancing - Grab their attention!