

Table Topic Participant

Participating in Table Topics is great practice for many kinds of spontaneous speaking situations we encounter in our lives. For example, job interviews, voicing an opinion at a meeting, social situations and impromptu speaking at functions and parties.

What do you do when asked to deliver a table topic? There's no need to panic!

Remember that a table topic is a miniature speech of one minute duration. Think of an **opening**, a **body** and a **conclusion**.

Walk slowly to the speaking area and think about the topic during this time. Then let your imagination soar, have some fun, and give the speech your best shot.

Keep an eye on the timing lights, and when the yellow light comes on, make your conclusion. You will more than likely conclude your speech before the allotted time. Make sure you listen to the timer's report and take note of how long you spoke. Aiming to speak for the allotted time is a useful discipline.

[Online Meeting Note](#): Pin the timer, adjust/turn on your video and unmute yourself.