Course Companion Workbook

This is your workspace to scope, map out, and build your speech using the LEAPS Method. We’re going to start with building a 2-3 minute speech. Your goal at the end of this process is to produce one full word document page and possibly another half page, normal spaced. This will be scalable as you increase your speaking time and content. Print this workbook and dig right in. Have fun with it!

STEP 1: LEARN

Who is your audience? What do they want to learn or what do you want them to know?

**Action Item:** To kick this off the right way, do some serious deep thinking about your topic, why you want to speak about it, what you want to say, and how you want to say it. Get into the growth mindset. Ask yourself how you can help your audience and then write it down.

Example:

I want people to understand and be careful about the dangers of extreme and prolonged expression of anger, give them compelling research and evidence that it is unhealthy, and give them real applicable solutions to help them live longer and more productive lives.

Your turn:
Find 3 reputable sources of information about your topic that contain scientific research and verifiable facts.

**Action Item:** Write a short paragraph that summarizes each article in your own words and make this the core of your presentation. You should have 3 paragraphs that equal about a half page or 50% of your entire speech. You might be able to get away with just searching on Google, but I challenge you to go for deeper sources in academic areas. If you find good articles on Google, make sure the information is backed up by reputable sources and scientific research, and be sure to cite your sources. Do not worry about a title yet. It will be clear what your title should be in the third step. If it helps to start with a working title, go for it. You can always rework it later.

**Example:**

Article 1: Between 1968 and 1972, men were questioned in a study about their anger levels and whether or not they got upset easily or it took a lot to make them angry.  

Article 2: If you’re angry, for the benefit of your health, you need to let it all out, according to a new study that revealed that being hot-tempered and expressing your anger could be a key to enjoying a long and healthy life. [https://www.dailymail.co.uk/sciencetech/article-3261736/Is-bad-temper-going-KILL-Angry-men-likely-die-age-70-study-claims.html](https://www.dailymail.co.uk/sciencetech/article-3261736/Is-bad-temper-going-KILL-Angry-men-likely-die-age-70-study-claims.html)

Article 3: A short fuse can indeed shorten your life. When you get fired up emotionally, you’re doing the equivalent of putting a torch to your arteries. Medical research has repeatedly documented the danger of anger and chronic stress. [https://heartmdinstitute.com/stress-relief/temper-your-temper-anger-can-kill/](https://heartmdinstitute.com/stress-relief/temper-your-temper-anger-can-kill/)

Your turn:
To get the entire workbook, sign up for The LEAPS Method: Powerful Speaking for Nerds, Techies, and Introverts learning course here:

http://leapfoggingsuccess.com/leaps-method/