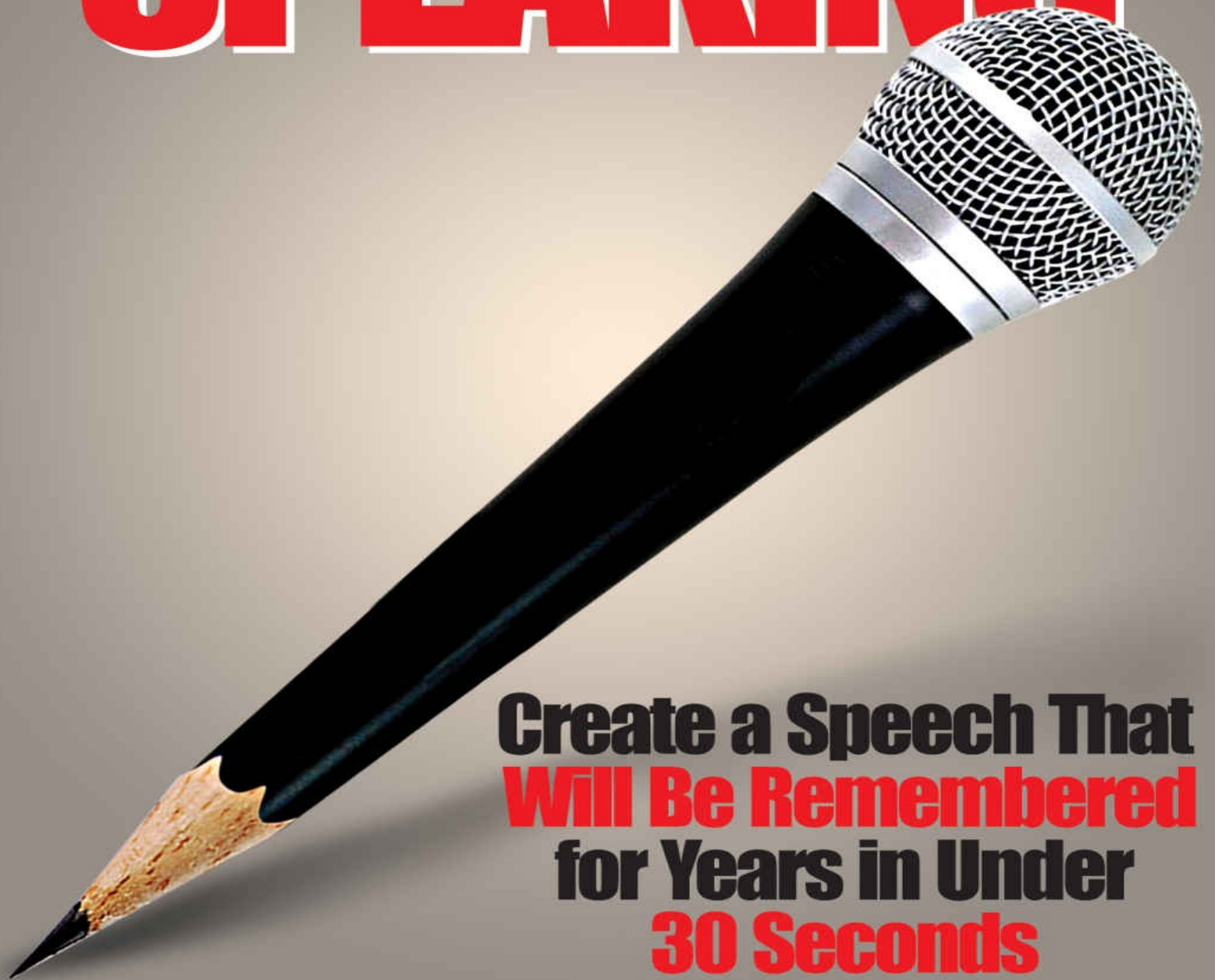


Andrii Sedniev

MAGIC OF IMPROMPTU SPEAKING



**Create a Speech That
Will Be Remembered
for Years in Under
30 Seconds**

Magic of Impromptu Speaking

Create a Speech That Will Be Remembered for Years in Under 30 seconds

Published by Andrii Sedniev

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Table of Contents

[Dedications](#)

[Why learn impromptu speaking?](#)

[What is Magic of Impromptu Speaking?](#)

[Best improvisation isn't improvisation](#)

[The biggest secret of impromptu speaking](#)

[RELOCate to a high-performance state](#)

[How to think on your feet](#)

[Stop internal dialogue](#)

[Beliefs of the world-class impromptu speaker](#)

[Yes and ...](#)

[The rule of the first thought](#)

[How do I find time for thinking?](#)

[Exercises for thinking on your feet](#)

[Decide which question to answer](#)

[Transitions](#)

[Exercises for transitions](#)

[Structure of the impromptu speech](#)

[Opening](#)

[Body of the speech](#)

[Conclusion](#)

[3 magic impromptu speaking frameworks](#)

[Tell a story.](#)

[PEEP](#)

[Position, Action, Benefit](#)

[Storytelling](#)

[Details tell a story.](#)

[Dialogue](#)

[Conflict](#)

[Exercises for storytelling](#)

[Take a stand](#)

[Delivery techniques](#)

[Be genuine](#)

[Be energetic](#)

[Gestures](#)

[Fear of impromptu speaking](#)

[Humor](#)

[The structure of the joke](#)

[Exaggeration and Dialogue](#)

[An impromptu speech needs to be succinct](#)

[Be simple](#)

[Don't strive to be perfect](#)

[4 Levels of World-Class Impromptu Speaking](#)

[Additional tips](#)

[Where to find material for impromptu speeches?](#)

[Stages of learning](#)

[Where to practice?](#)

[Final Checklist](#)

[Let's put everything together](#)

[Don't stop until...](#)

[Final thoughts](#)

[Top 100 table topic questions for practice](#)

[What to read next?](#)

[Biography.](#)

Dedications

This book and my love are dedicated to Olena, my wife and partner, who makes every day in life worthwhile. Thank you for supporting me on every stage of development of *Magic of Impromptu Speaking* system and giving encouragement when I needed it the most. Without you, this book might never have been finished.

I also want to dedicate this book to all past students of the *Magic of Impromptu Speaking* system who by their success inspire me to become a better person every day.

Why learn impromptu speaking?

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Every day you speak with relatives, friends and strangers without needing preparation. Talking off the cuff, one on one is easy for most of us. When the quality of an impromptu speech is crucial, however, giving it becomes a huge problem.

How did you feel when you were asked to give an impromptu speech for the first time? I remember my grandma's birthday celebration 20 years ago, where my mom said, "Andrii, the next toast will be yours."

"Mom, please no! I don't know what to say."

"I am not going to discuss it with you, Andrii. You are next!"

I thought, "Oh, my god! The time passes so quickly! I will have to talk in just two minutes and I have no idea what to say! Everybody will see my embarrassment and I will feel so miserable."

Imagine that you are giving an interview live on CNN or answering a CEO's question in a boardroom. When the pressure is on for a high-quality speech, most speakers' minds go blank.

One answer during the job interview may determine whether you get the job of your dreams or not. One answer during the Q&A session may determine how potential customers perceive your competence. One answer during the TV debates may determine whether you become the president or not.

No matter what you do, you will encounter situations where you need to speak impromptu, and success in life may be determined by your impromptu speaking skills. Great impromptu speakers are extremely successful during TV interviews, Q&A sessions, networking events and even prepared speeches. Audiences love speakers who can go off script and improvise on stage. Those who can speak well off the cuff are better communicators, are more creative and have more interesting and versatile lives.

The good news is that you can become an outstanding impromptu speaker very quickly if you follow the right process.

What is Magic of Impromptu Speaking?

During the last 10 years, I collected tips, techniques and strategies that can dramatically raise the level of any speaker in impromptu speaking. My goal was to create the most comprehensive system, which will make anyone a world-class impromptu speaker within a very short time. The *Magic of Impromptu Speaking* system was based on the analysis of thousands of impromptu speaking contests, interviews, debates and Q&A sessions.

The results were astonishing. *Magic of Impromptu Speaking* students reported that not only did their ability to speak off the cuff improve significantly over a period of 2 months, but their lives also changed for the better.

Those who speak well impromptu, on average, get promotions faster, are more interesting to be around and are more creative in everyday life.

The system described in this book covers the most effective techniques not only from the world of impromptu speaking, but also from acting, stand-up comedy, applied psychology and creative thinking.

Once you master the system, you will grow immensely as an impromptu speaker. Your audience members will think that what you do on stage, after such short preparation, is pure magic and will recall some of your speeches many years later.

After you master all of the magic components of the *Magic of Impromptu Speaking* system, your audiences will look forward to hearing you again and again during Q&A sessions, interviews, wedding receptions or contests.

Magic of Impromptu Speaking did wonders for me, it did wonders for everybody who learned it, and it will do wonders for you. Are you ready to begin a journey into the magic world of impromptu speaking? Let's go!

Best improvisation isn't improvisation

Imagine that you participate in a public speaking workshop. During the Q&A section, you ask the trainer, "John, can you please tell ...?" And John answers with humor, interesting stories and great delivery techniques. The audience applauds. You think, "Wow. John is obviously an amazing impromptu speaker. I would never be able to answer a question off the cuff so well."

You might not know that John has conducted this workshop hundreds of times and answered your question more than once before. He tried different versions of the answer, analyzed various audience reactions and eventually chose the answer that got the best audience response.

Imagine that in the afternoon you turn on the TV and see a politician answering questions on a show. He sounds very smooth, confident and eloquent. You may think, "Wow, this politician really knows what he is talking about. He has a gift for speaking impromptu. I wish I could speak like he does."

You might not know, though, that the interview questions were sent in advance and that the politician has not only rehearsed and practiced the answers, but also rejected some of the questions.

Imagine that on Sunday night you go to see an improv show with your family. At the beginning of the show, one of the actors tells the audience, "Please shout out a random word. We will use it later in our performance." After getting the words, the improv actors sing a song or create funny sketches. You laugh through the entire evening and say, "These guys are so talented. I can't believe they just did that amazing show without any preparation."

What you might not know is that the group has practiced the same sketch with different words numerous times. Parts of the song and parts of the sketch are well rehearsed. Also, some people in the audience are friends of the actors and the words they shout are predetermined.

Does knowing this information make the improv show less exciting for you? No. Does the answer of the politician seem less professional? No. Does John the trainer sound less interesting? Of course not.

No matter how well you can think on your feet, a completely improvised answer can rarely be better than a prepared one. To get ready for impromptu speaking competitions, the contestants prepare and rehearse short blocks of the speech and stories that they can use in response to many different questions. Once they go on stage, they partially speak off the cuff and partially use the rehearsed blocks. The audience laughs, applauds and enjoys the speech. Everybody sees the end result. Few people know how the impressive impromptu speech is prepared.

Certainly, there are great shows, interviews and Q&A answers that are done completely off the cuff, but the best are always prepared, at least partially. To become a great impromptu speaker you need to learn how to eliminate the impromptu factor as much as possible.

Think about what questions may be asked during the Q&A section

While you prepare your speech at home, think about what questions the audience may ask. In most cases, you will be able to guess the questions and prepare the answers in advance. If you are giving the same speech many times, the questions from your audience members repeat themselves. Think about how you can answer each particular question you have heard before during the next Q&A section.

Discuss the interview questions in advance

If you are participating in a TV show or an interview, ask for questions that you will be asked so that your answers can be prepared in advance.

If you participate in a job interview, research common interview questions for candidates that are posted on the internet. Very often, they are shared on specialized forums and discussion boards by former job candidates who interviewed with the same company.

If you are invited to a birthday or a wedding

If you are invited to a birthday party or a wedding reception, you may be asked to give a toast. The best toasts are personal, so think of something specific about the person who has a birthday or is getting married and how you can personalize the toast.

Develop your impromptu speaking skills

The number of completely different questions that you can be asked is limited. After enough practice, it will be difficult for any question to surprise you. You will think, “Ah, I have been asked a similar question before, I’d answer it this way ...”

Many of the techniques you will learn later in Magic of Impromptu Speaking system will make you very effective at thinking on your feet. However, to make your improvisation on stage even more powerful, eliminate the impromptu factor as much as you can. The greatest impromptu speakers know that the best improvisation isn’t improvisation.

The biggest secret of impromptu speaking

When I was about 12 years old, I had a huge fear. I was afraid of being beaten up by bullies in the street. I was so scared to go to school every day that my parents put me into the Kiokushin Karate school to get this fear out of me.

Every training session, after stretching and practicing punches, we had practice fights. I was fighting against, older, bigger and more experienced guys. It was painful, unpleasant and that time lasted an eternity for me.

One day our trainer, Alexander, said, "Please all sit in a circle. I have to tell you something." What he said not only changed my attitude to karate and fighting but also my attitude to impromptu speaking.

"Guys, don't fear the pain from the punches. Have an attitude to a fight as you would to a game. Here you missed a punch, here you managed to hit your opponent and there you made a successful block. It's fun! It's interesting, exciting and challenging!" These words struck a chord with me and I will remember them forever.

Once I started to think about the fight as a game, I forgot about the pain but instead enjoyed the challenge. My parents found it difficult to believe, but after 2 months I even volunteered to participate in the Kyiv city karate championship.

The fight lasted a minute and a half. I punched, kicked and made blocks, but most often I was punched. After 45 seconds, I felt completely exhausted, like I couldn't even raise my hands, much less punch. The audience raved, "Andrii! Andrii! Kick his ass! Kill him!" When you hear your name cheered, it should give you more strength and power to win, but in my case it was the opposite. Guess what? My opponent's name was also Andrii! He had a green belt and more than 7 years of experience in karate.

I lost that fight. I was beaten up. But it was truly fun! Few things can compare to it.

After the fight, the trainer called me and said, “Andrii, you fought like a lion. I am proud of you. And by the way, you really challenged greatly this guy who won two previous city championships.” Those were the nicest words that I ever heard.

Was it painful to fight with the best karate fighter in Kyiv in full strength? Of course! Did I have bruises on my body after the fight? In fact, I had them almost everywhere. Was it fun? It was incredibly cool and this fight is one of my best childhood memories.

This karate championship had a tremendous effect on my development as a fighter, not only when sparring, but also in life. If you fight, your success is fully determined by your attitude. In impromptu speaking, it’s the same. Your attitude fully determines your learning curve and success.

If you asked me, “Andrii, what is the most important technique to remember to become a world-class impromptu speaker?” I would say for sure, “Think about the impromptu speech as a game. Your attitude will change your frame of mind and instead of concentrating on the difficulty of finding the right words, your brain will deliver the perfect answer.”

RELOCate to a high-performance state

One day, while a student at the University of Michigan, I went to a bar with my friends and several alumni to celebrate the end of the school year. After we ordered drinks and started a conversation, I said something funny and everybody laughed. I told another joke and everybody laughed again. That afternoon the best comedians would have envied my ability to tell jokes on the spot, and for about 2 hours everyone was laughing really hard.

I often struggle to come up with a great joke, but that afternoon I couldn't stop the flow of amazing jokes coming to my mind.

Do you remember a time when you were much more effective than usual? The ideas were generated, the work was done quickly, your jokes were funny, and your impromptu speeches were great. This is a high-performance state. You have been in this state many times before and every time it felt like you were a rock star. What if you could be in this state during your next impromptu speech?

I have good news. You can get into a high-performance state quickly and whenever you want. The easiest way to get into this state is to use the RELOCate technique developed by scientists who model and replicate behavior of successful people.

The research showed that in a high-performance state, people are relaxed, excited, lively, open and confident. The opposite is also true. If you become relaxed, excited, lively, open and confident simultaneously, you will get into the high-performance state and become dramatically more effective.

When actors play a role and want to convey a particular emotion of the character, they need to evoke it in themselves. They remember a situation from life when they felt this emotion clearly, relive it in their imagination and very soon begin to

feel the emotion. This technique from the world of acting will help you with getting into the high-performance state.

To get into a high-performance state, you need to become simultaneously relaxed, excited, lively, open and confident. When these 5 states are combined, their individual effects on performance increase many times.

Relaxed

Relax all the muscles in your body completely except for the ones you need to stay upright. First, flex all your muscles and then quickly relax them. Relax all the muscles from your head to your feet. Pay attention to your breathing. Notice that each time you breathe and exhale, your body relaxes more and more until you are fully relaxed.

Excited

Remember a time in your life when you were really excited and relive this situation in your mind. Feel the excitement again. You are spontaneous and open for new opportunities and behaviors. Feel yourself excited and secure because your impromptu speech is just a game.

Lively

Become energetic. Feel the power within you and your readiness to do something. To become energetic, jump, dance, do physical exercise or just remember how it felt when you did something active. If you imagine it clearly enough, your nervous system won't notice any difference. Remember, however, that you need to build up your energy while staying completely relaxed. As soon as you notice tension – relax

yourself. It might seem impossible to be lively and relaxed simultaneously, but it is easy. It's an amazing feeling of outside calmness and internal readiness.

Open

Remember a time when you were ready to accept anything that the world has to offer. You don't know what will happen in the next moment, but it is not important because you are ready to accept anything. Build up a feeling of openness until you can clearly feel it.

Confident

Recall a situation from your life when you felt absolutely confident in yourself. Maybe you said or did something you were 100% sure about. Relive it as clearly as you can and feel what you felt at that time. While building up a feeling of confidence, remain open, lively, excited and relaxed.

Again

Repeat again everything mentioned above! Every time you increase the intensity of each feeling, make sure you stay simultaneously relaxed, excited, lively, open and confident. Go through this list several times and very soon you will get into a high-productivity state.

The high-productivity state will help you think quickly on your feet and create true impromptu magic on stage. I highly recommend getting into this state even when you give a prepared speech. It will allow you to be in the moment. It will allow you

to improvise and make your speech special for your audience. RELOCAtE is a very powerful technique that can get your impromptu speaking to the next level.