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Practice

Practice makes perfect.

It's said that it takes 10,000 hours to master any skill, but I think the 80/20 rule also applies: you will get the vast bulk of the mastery in the first part of your practice, once you have overcome the clunkiness of the novice.

Be gentle on yourself, especially at the start: we learn by making mistakes, reviewing them and correcting them. Being frustrated with mistakes will get in the way of that process, so don't demand perfection from the start and you will progress much faster.

The best practice is with a proficient coach. One step down from that is a buddy group with honest (sandwich) feedback. Next would be videoing yourself at home, which can be tremendously effective; below that, audio recordings, which can still reveal a great deal. At the bottom of the hierarchy is simply practicing on your own, because it's hard to see your own game when you're trying to remember content and delivery techniques, especially since some of the things you may need to change will be unconscious.



Take every chance to speak in public. As your practice becomes repeated speaking for real, you may just find that you love the elevated consciousness that comes with stepping on stage and giving an audience the gift of great content and great delivery.