

Ladies and gentlemen, fellow speakers and esteemed judges,
Have you ever felt your heart racing, palms sweating, and mind scrambling
for words when faced with an unexpected question? In table topics
contests, mastering calmness is the key to transforming these moments
into opportunities.

Imagine you are a tree, standing tall and firm. The wind might sway your
branches, but your roots keep you grounded. This is how I handle table
topics. Before speaking, I take a deep breath, allowing the air to fill
me with clarity and calmness. This moment of pause is my anchor,
reminding me that no storm can uproot a calm mind.

As I begin, I focus on the simplicity of the question, trusting my
instincts and personal experiences to guide my words. The secret is to
embrace silence rather than fear it, giving myself the space to think and
the courage to respond with authenticity.

In conclusion, mastering calmness is not about eliminating fear, but
harnessing it. Let us all be like trees--grounded, resilient, and
unwavering, ready to face each table topic challenge with grace and
poise.

Thank you.