

1. Understand the Format: Familiarize yourself with the contest rules and format. Know how much preparation time is provided and the expected duration of the speech.
 2. Practice Thinking on Your Feet: Regularly engage in exercises like debating or quick thinking games that require you to think and respond quickly.
 3. Develop a Structure: Use a simple and flexible structure, like Introduction, Body (with two to three main points), and Conclusion, to organize your thoughts during your speech.
 4. Stay Informed: Keep up with current events and popular topics, as these are often the subjects of impromptu speeches.
 5. Build a Mental Database: Collect anecdotes, quotes, and personal stories that can be adapted to various topics.
 6. Focus on Clarity: Ensure your speech is clear and concise, making it easy for the audience to follow your line of thought.
 7. Practice with Prompts: Use various prompts to practice delivering impromptu speeches, timing yourself to get comfortable with the contest constraints.
 8. Manage Anxiety: Develop techniques, such as deep breathing or visualization, to stay calm and composed under pressure.
 9. Observe and Learn: Watch videos of experienced speakers and note how they handle impromptu topics.
 10. Seek Feedback: After practice sessions, get feedback from peers or mentors to identify areas for improvement.
- Remember, the key is to remain calm, structured, and confident.