

Prepare a one minute oral report to be given later in the meeting on something you have done.

(Try to think of what the other guys would like to hear about ... make notes to yourself below.
Remember one minute is not very long, so you need to be to-the-point).

One possible approach would be: introduction (where you were, who you were with), body (what you did, how you did it), summary (what you got out of it, what they might like about it).

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Think about the feelings that you can show by body language only (without making a sound).
Make a list of at least 5 of them:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.