



Extreme Toastmasters #595201  
District 30, Chicago

## See It and Be It: Videos

By Club President, Tim Wilson

Eyewitnesses are bad witnesses. Get ten people watching the same event and you get ten different answers about what happened.

There are three ways of looking at things: my opinion, your opinion and the truth. We know this, and yet we still treat other people's opinions as the truth. And this happens in our speaking, as well.

We give a speech and then want to get an opinion from someone else on how we did. We have our own idea of how we did, but we want someone else to give us the "truth" of the matter. So we listen to what they say, and we think, "They saw the speech, so they must be telling me the truth about my speech." And yet they aren't telling the truth about your speech; they are only giving their opinion. And this happens with anyone we ask to tell us about our speech: we get their opinion, but not the truth.

So, how do we find out the truth of how we spoke? By seeing ourselves speaking. The camera never lies: The video of our speech shows exactly what we did onstage and how well it worked. It helps us to better understand the comments our speech evaluators give to us.

Yet important as seeing the speech is to being an improved speaker, there



are very few Toastmasters clubs that video their speeches and make them available for people to see afterward. This is what sets Extreme Toastmasters apart from other clubs: We video your speech, so you can see the truth of how you did.

You will know the truth, and the truth will set you free, as the saying goes.

That doesn't mean the truth is always easy to see. It can take awhile to work up the courage to confront the truth of how you are speaking. But when you see yourself speaking and presenting on camera, then you can knowledgeably develop and grow your speaking skills. When you see it on video, you can learn to be it onstage. ★

Read more about Tim's position on the truth and value of videos in his blog post "Choose Your Position" at his **Public Speaking Library** blog: [www.speakingquicktips.blogspot.com](http://www.speakingquicktips.blogspot.com).