

Personal Theme Speech
Wednesday, September 9

Topic:
High Adventure Sports

General Purpose:
To Inform

Specific Purpose:
At the end of my speech the audience will be able to list three benefits of participating in high adventure sporting activities.

Central Idea:
Participating in high adventure sports builds confidence in people.

Introduction:
Let me ask you a question. Were you ever shy as a kid? Are you still shy to a degree now? Were you ever afraid of something: starting at a new school? Failing a test? Getting assigned crummy partners for a group project? ... Public Speaking? How you did you conquer your fears? Or did you? Maybe some of you are still a bit anxious about certain things. What is lacking is trust – trust in yourself and trust in the abilities of those around you.

Today I would like to discuss with you one *very* effective way of learning how to trust... how to gain self confidence: high adventure sports.

You may be under the impression that HAS (rock climbing, white water rafting, caving, etc.) are solely recreational activities with no purpose other than the thrill of the experience. While, yes, the thrill certainly is the highlight of the activity, there are other reasons that people continuously choose to take on such sports. I will be talking today about how these sports promote team work, trust in others, and most importantly trust in one's self.

Body:

1. Team work – this one is easy and of key importance
 - a. “Two heads are better than one” – problem solving – someone may have an idea that never occurred to you
 - b. Building on the strengths of others – every single person is different
Example: caving → smaller people explore, stronger people spot
2. Learning to trust others – this is not very easy. You may need to trust people you have never met before in HAS, but you have to trust strangers in every day life (other drivers...)
 - a. Just keep in mind: nobody really wants to be in a life-threatening situation and nobody wants to get hurt or see you get hurt.
 - b. HAS teach you how to let go of control

- c. Example: the belay team. They're looking out for your safety... that's their ONE purpose. If you do not trust them and don't listen to instructions, you're very likely to get injured.
3. Learning to trust yourself – this is the hardest one.
 - a. So easy to think “I can’t” or “This is too hard” and give up. When in life is that acceptable?
 - b. A lesson that is well learned as a participant in HAS is that *you* are the only one who can achieve your own goals. Example: you're on a rock wall... will the belay team simply hoist you up?
 - c. If you cannot trust yourself and rise to a new challenge, you will never grow, you will never find out what you are made of

Conclusion:

Team work, trust in others, and trust in yourself.

HAS are a total rush. Not only that, but they strengthen your ability to work with a wide variety of other people. They also develop your own self confidence which is important to have in every day life.

So go ahead and take the challenge. Take one step closer to the edge. Jump if you dare. You'll be amazed how much you can learn about yourself when your adrenalin is rushing through your body – and how much you'll learn when you step out of your comfort zone. Team work, trust in others, and trust in yourself. Once you learn these three things you will realize that nothing is impossible; nothing is worth being anxious about. If you can rappel down a rock face and survive, I'm sure you'll find that starting at a new school or delivering a speech is not nearly as nerve-racking.