TITLE: HOW TO COMMUNICATE: DELIVERING A SPEECH, WHAT IF #1

00:00 [KATE stands in front of the room preparing to deliver her speech. There is a slide projected on a screen behind her with images of a hamburger and french fries. MIRIRAI and JASON are sitting in chairs facing KATE as her audience.]

00:00 **KATE**: Okay, this is my first slide. Does it look ok?

00:02 [MIRIRAI looks briefly at the projected slide then pulls a watch or phone to keep time.]

00:02 **MIRIRAI**: Yeah. It's fine. So, I'll time you okay? Your section of the presentation should be about five minutes. (to Jason) Right?

00:10 **JASON**: More or less.

00:11 **MIRIRAI**: (looking at watch or stop watch) Okay Kate. Ready when you are.

00:15 [KATE nervously shuffles notecards]

00:15 **KATE**: (rapidly and mechanically) Eating fast foods presents, three problems in your diet. First, most fast foods have an excessive amount of salt. Even when you think you’re making healthy choices, uh, you might not.

00:27 [KATE pauses uncomfortably, nervously looking around the room and searching through her notecards.]

00:32 **KATE**: (remembers next part suddenly, begins rushing through next section) Eating fast foods presents… um…Have you ever looked at a fast food menu and thought: “Should I go for the deluxe burger with fries and a shake? Or like, um, maybe I should go for something healthy, like chicken?” You might think that chicken is a healthy choice, right? - uh, even better if it’s grilled instead of fried, right? Um, okay. There's a medical writer, Daniel DeNoon who says that, um, 9 out of 10 Americans consume too much salt daily. Uh, salt is found in everything from, um, soft drinks to baked goods. So we should really be kind of concerned about eating too much salt because it's pretty much a really big factor in hypertension or high blood pressure.

01:17 [MIRIRAI holds up a hand, interrupting Kate who pauses her presentation]

01:17 **MIRIRAI**: Hold it a sec.

01:18 **KATE**: Too fast maybe?

01:19 [MIRIRAI looks at KATE who screws up his face with a pained expression].

01:20 **JASON**: Well…

01:22 **MIRIRAI**: (kindly) It was a little rough. I think maybe I made you nervous about the timing.

01:36 **KATE**: (surprised) Really? I thought was going well. Okay, let me try it again.