

## Communication Skills

**Activity:** Public Speaking

**Goal:** Avoid using “filler words” such as “ummm,” “uhhh,” “like,” etc.

**Project:** Each girl will take one card. Cards are random words. The girls must talk about that random word for one minute without using any “filler words.” If they use a filler word, they have to sit down and try again once their teammates are finished.

**Purpose:** Filler words are unprofessional and useless! No one sounds confident when they use filler words. Each girl should recognize these filler words while speaking, and hopefully this is something that will stick with them in the future. Silence for a brief period is better than the filler words.

**Examples-** During a job interview/ Coaching/ Conversation with a boss