

Arnav Surve
SCLA 102
Catalano

Admiral McRaven: Connecting the Dots

Some techniques learned in class that I can apply to my presentation are writing my speech directed to just one person in the audience and intending my speech to be a gift to the audience. A technique I noticed the speaker using was being mindful of the pacing of his speech. He utilized meaningful pauses to provide emphasis on key points. However, I thought the speaker could have integrated his anecdotes into the speech more smoothly. About halfway through the speech, it felt like he was mostly just listing events that happened and the lesson to be learned from them, which got repetitive. This speech relates to our course theme of self-discovery. The speaker recounts his experiences in SEAL training as well as the lessons he learned in his own self-discovery. The speech is his way of passing on these lessons to future generations.

Word Count: 144