



Erik Dominguez

SPEAKER / EDUCATOR / COACH

[www.erikdominguez.com](http://www.erikdominguez.com)



## Confident Communication Tool For Teams: Three In The Bag Speech

This activity aims to help you gain confidence in front of an audience while speaking about something you know a lot about - YOU!

*You will be presenting three items from "a bag": a backpack, a grocery sack, or even a trash bag. Your items (or photo representation of the items) symbolize something about your life that you are willing to share with your team.*

These can be items that represent values, activities, hobbies, experiences, or just things (or people) you love! It is important not to overthink or over-plan what these items are; remember that this is not a keynote address to thousands but rather a more informal way for your team to get to know you.

Talks should have a time limit. While this is up to how many team members there are and how much time the team has, I suggest making speeches at least three minutes and no more than ten minutes long.

Below is the suggested outline; while you should keep to the spirit of the assignment, don't feel like you need to follow the letter of the assignment exactly.

### **Suggested Outline:**

- Introduce yourself - name, where you are from, and your profession or role.
- Introduce your first item and how it represents your life.
- Introduce your second item and how it represents your life.
- Introduce your third item and how it represents your life.
- Leave us with one of your favorite quotations that may summarize the overall theme of your three things.

Remember, this is about being you and representing your ideas...as it is with all speaking. Leverage your unique personality to enjoy speaking in front of your peers and audiences everywhere!

## Suck? Excited? Need help?

Or maybe you want to share what worked and what didn't? Whatever the reason, feel free to reach out to me and share your "Three In The Bag" experiences. In fact, if you send me a recording of your video, I will send back some personalized feedback!

If you are looking for more resources, make sure that you subscribe to my Youtube Channel, or look below for other tools you can use and many ways you can keep up to date with communication, confidence, and storytelling tools and mindsets!

## ADDITIONAL RESOURCES

### SCAN THE QR CODE FOR ACCESS

- An Introduction to Logos, Pathos, and Ethos
- Tools to Practice and Improve Logos, Pathos, Ethos
- Why Emotional Intelligence Is The Key To Confident Communication
- The Three C's of Retaining Employees
- How the Enneagram Improves Our Communication
- "Pop Up" Keynote



## READY TO COMMUNICATE WITH CONFIDENCE?

Yes! Let's Connect.

Email: [erik@speakupstories.com](mailto:erik@speakupstories.com)  
Website: [www.erikdominguez.com](http://www.erikdominguez.com)  
Linkedin: [erikjdominguez](https://www.linkedin.com/in/erikjdominguez)  
IG: [@erik.j.dominguez](https://www.instagram.com/erik.j.dominguez)  
Twitter: [@erikjdominguez1](https://twitter.com/erikjdominguez1)

I'm here to...

Encourage and equip leaders in maximizing results through confidently communicating, connecting, and sharing their stories.