

One Minute Word Challenge



The One Minute Word Challenge or OMWC is a fun but important game that will really help you become better at public speaking. Here's how to play it.



Please make sure you play the OMWC at least once a week during your Pitch Perfect course. If you can play this more, that will help you get better, quicker. Remember it's all about purposeful practice!

The Challenge

1. Select one meetup chairperson. This person will chair your meeting. Take it in turns so everyone gets to have a go at chairing.
2. The chairperson will count how many players are involved – no one can opt out and everyone should have a go.
3. The chairperson will write one word for each player on a piece of paper. Write words that are either nouns (names of places or things) or verbs (action / doing words). To save time and be better prepared, do this before your meetup.
4. Fold the pieces of paper and put them in a bowl (or similar). Keep these top-secret! No-one apart from the chair is allowed to know what the words are.
5. To start the game the chairperson should introduce the game, remind everyone of the rules and designate someone to keep time. You can use a timer on a phone or similar to keep time. Be strict and make sure **everyone speaks for one minute** – no longer and no shorter!
6. When it's time to start, the chairperson will ask a player to pick a piece of paper from the bowl.
7. The player then reads the word, walks to the front of the meeting, stands up and begins to speak on that word for one minute. No sitting down, speak standing up (where possible).
8. Everybody, including the chairperson will have a go.
9. Remember to play the OMWC at least once a week.
10. It's nerve wracking but have lots of fun (remember your breathing technique too!).