Give your ice breaker as easy as 1-2-3

- 1/ Find 3 points
  - Could be 3 passion, 3 stages in your life, 3 sides of you, etc.
    - Topic examples
      - Childhood, parents, family
      - School, job, current situation
      - Passion, hobbies, travels
      - Hopes & aspirations for the future
    - Real life example in 3 words: Danish / Serendipity / Espelette
  - If no ideas: draft!
    - You know your topic!
    - Get a blank paper
      - Do not try to make a speech at all
      - Just write down anything that comes to mind about you. Even uninteresting things
    - Highlight your top-3 topics
      - Example 1 had had 6 topics in her very first draft
      - She decided to only keep: Family & husband / Current job / House on Ile de Ré to re-energize
- 2/ Make it interesting
  - Possible to tell something interesting about anything
  - Find an angle that will hook anyone
    - Example 1's angle: how I met... (my husband, my current job)
  - Illustrate
    - Don't tell literally, give examples that prove it
      - If you are an extremely patient person, don't tell them "I'm very patient"
      - Tell them an instance when you displayed this extreme patience
      - Ex.: I often wait for my friends for 2 hours without getting annoyed at all
  - Stories
    - Facts tell stories sell
    - Stories get the audience interest & make your points memorable
- 3/ Finish with I / C / T
  - Introduction that works: tell them
    - Tell the audience what you're going to tell them
  - Conclusion that works: tell them
    - Tell them what you've told them
  - Title

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