

Why This Matters

Speaking in class or giving a presentation can feel scary, but it's a skill that builds leadership and self-confidence. Allah has blessed humans with the ability for speech, and it is what makes humans unique compared to other creations.

Tips to Build Confidence

 Know your topic well

 Use deep breathing before you speak

Say 'Bismillah' and a dua before you start speaking (see below)


 Make eye contact and speak slowly

 Practice in front of a mirror or with friends.

Record yourself on your phone and play it back to watch.

 It's okay to pause – take your time!

Islamic Reminder

Prophet Musa  made this dua: "My Lord, expand for me my chest, and ease for me my task, and untie the knot from my tongue." (Qur'an 20:25-27)

We need more confident young Muslim leaders in our community who can engage in public speaking!