

Candy O's TOP 10 INGREDIENTS FOR A KILLER WEDDING TOAST

#1: It's not long - Be brief, be brilliant, be seated.

#2: Know your audience - Who am I talking to and why should they care?

#3: Thank the hosts - Coordinate this between yourself and the other person of honor. A simple thank you doesn't have to be done twice, but it has to be done right. 10 seconds is all you need. Know how to pronounce tricky first and last names in advance.

#4: Write it down - When we write something down old school, or type out the words in document form, a neural connection is made. Our brain creates a memory around our words and they become easier to remember.

#5: Practice, Practice, Practice - Five days before the wedding, start rehearsing your toast out loud. Eliminate any words you trip over. Don't try to memorize the toast because that's unnecessary stress. Just rehearse. You are building muscle memory in your brain. Two days before the wedding, start rehearsing in front of a mirror. Be aware of your body language, your vocal tone and overall energy throughout the toast, all the way to end. As a security blanket, create a notecard that fits in the breast pocket of your tux or for women, your purse. Write out key words or phrases from the beginning, middle and end of your toast.

#6: Don't Drink Too Much - Alcohol affects your ability to be on your game. Enough said.

#7: Don't be a comedian - Don't insult anyone, don't make fun of anyone, don't tell a dirty joke and don't try to be a comedian unless you are one.

#8: Don't make last minute changes - Last minute changes are the kiss of death because they are not part of what you have practiced and this causes fear, and fear kills confidence.

#9: The Microphone is your friend - Hold the microphone a fist distance away from your mouth and keep it there.

#10: Toasts are never forgotten - A killer toast will follow you forever and so will a bad one! Make yours a great one.