

My Parallel Event Presentation at CSW70

The panel event happened on March 10, 2026, between 10 and 12:30 pm. We all showed up early to run through our presentation before the event began. Unfortunately, due to time constraints and technical difficulties, I wasn't able to practice on the screen before the event; however, I felt fairly confident since I had rehearsed my speech dozens of times at home. I thought it was really amazing how all the leaders kept their cool during this event, especially towards the end when there were technical difficulties with the recorded videos. I wasn't exactly sure whether we'd be able to see the UN members; however, we just saw ourselves reflected back, which I think was a really great start to professional public speaking.



These are different pictures of my presentation, including our lineup and presentation operations.

I was the first up to go in the second group, and it was really nice. I wasn't one of the first people to go, and I wasn't waiting for a long time to go, plus Natalia got to introduce me, so I never got confused about where I was in line. I didn't realize how nervous I would be, and I started shaking which didn't really help because I was wearing heels and my balance was a little off however I felt confident in my speaking skills and really prioritized looking in the camera and not just reading off of my speech paper. I don't know how this happened, but I definitely missed two of my lines; however, the flow and understanding weren't affected, so I wasn't too worried about messing up twice. Everyone before and after me sounded amazing, and I was really impressed with everyone's diverse topics, but focus on mountain women. I wish I could have gone more into the specifics behind my research; however, I understand that there are a lot of us, so just hitting the high points was perfect.

All in all, I'm really glad I got to speak before the UN and have a chance to give more professional speeches. I can't wait until we get to Geneva, where I can get more practice speaking and compiling my research for officials. I do need to focus on my pronunciation and public speaking skills; however, this is a great start! I'm very grateful to the student leaders behind this event for their cool, calm, and informative presence. Without them, this event would not have gone so smoothly! Also, I need to buy a new professional pair of footwear because the heels I was wearing are not going to cut it for Geneva!

Sophie Jackson, Utah Valley University Student