## Moss Jourism INTERVIEW GUIDE



# HOW TO HANDLE A MISS TOURISM INTERVIEW



## From the Executive Director:

I'll be honest—doing your first Miss Tourism press interview is both exciting and a little scary. I've been there, and I know that feeling when the camera turns on and all eyes are on you. But here's the good news: you don't have to figure it out alone. In your Miss Tourism Guide, I've included everything you need to know to feel prepared and confident. If you follow the advice and really take it in, you will be ready for your close-up—and you might just surprise yourself with how much you enjoy it!.

As you can see from the articles shown below Miss Sierra those are me. So I learned things the hard way. But you won't so come along...

## Representing Miss Tourism in the Media: A Guide for Queens & Ambassadors

As a titleholder with Miss Tourism, you are a public representative of something greater than yourself. Whether you're Miss City, State, National, World, or an Ambassador, you are speaking for the Miss Tourism Pageant, how you speak and present yourself in interviews reflects the values of our organization—integrity, confidence, purpose, and poise.

When you're contacted by a member of the media, remember:

You're not just speaking as yourself—you're speaking as a Miss Tourism brand ambassador.

#### Why Talk to the Media?

Media interviews are more than just coverage—they're an opportunity to:

- Inspire others through your Miss Tourism journey
- Show the world what Miss Tourism stands for
- Educate your community about your mission and service
- Be a voice for your platform and positive change
- A media interview can set you for future appearances if done as a professional brand ambassador of the Miss Tourism Pageant.

The media amplifies your impact—and a strong, professional interview can leave a lasting impression far beyond the spotlight.

#### DO's of a Successful Interview

- Respond quickly: Reporters work fast. If they reach out, reply within minutes or at least as quickly as you can.
- Ask questions: Get the reporter's name, outlet, and deadline. Ask what their angle is and how you can help.

## Representing Miss Tourism in the Media: A Guide for Queens & Ambassadors

#### DO's of a Successful Interview

- Respond quickly: Reporters work fast. If they reach out, reply within minutes or at least as quickly as you can.
- Ask questions: Get the reporter's name, outlet, and deadline. Ask what their angle is and how you can help.
- Know your role: If you're not the right spokesperson for a topic, be honest and tell them, then explain how you have a valuable insight on your platform.
- Prepare, then prepare again: Practice your key talking points. Be ready to represent yourself and the organization clearly.
- Keep it short and meaningful: Aim for brief, powerful answers. Avoid technical language and focus on clear, engaging stories.
- Repeat key messages: Reinforce the heart of your message throughout the interview. Repetition builds recognition.
- Make eye contact (or camera contact if virtual): Connection matters.
- Assume everything is on the record: If you're wearing a microphone or speaking near a recorder, assume it's live. Even if they say it isn't!

## Representing Miss Tourism in the Media: A Guide for Queens & Ambassadors

#### **DON'Ts to Avoid**

- Don't say "off the record"—it doesn't exist.
- Don't say "no comment." Instead, explain if you can't speak on a topic and why.
- Don't answer hypotheticals or guess—stick to what you know.
- Don't get provoked or emotional. Stay calm, queenly, and focused.
- Don't overshare. Less is more. Stick to your Miss Tourism journey.
- Don't joke or try to be too casual. Stay warm, but professional.
- Don't request to read the article before it's published—that's not standard media practice.
- Don't wear logos or branding from other organizations or show them in the background.
- Don't overreact to minor misquotes. If there's an issue, contact your director or
   Miss Tourism leadership for guidance.

#### One of the most common mistakes I've seen over the years is this:

Tourism titleholders often want to share their entire life story in an interview. While your story is important, that's not the purpose of a Miss Tourism interview.

As a Miss Tourism Royal, you are expected to focus on your journey and experiences while representing the Miss Tourism Organization. This is your opportunity to highlight the work you're doing, the impact you're making, and how you're using your title to serve others and promote your mission.

Your full personal story can come later—after your reign—as part of a lifestyle feature or personal spotlight. Until then, keep your messaging on track and aligned with the purpose of your title. Represent the brand, the mission, and the impact of Miss Tourism with grace, focus, and professionalism.

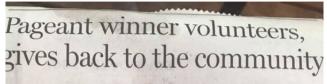
#### **On-Camera Tips**

- Dress professionally in Miss Tourism colors or approved attire.
- Avoid distracting patterns and choose solid, darker colors if possible.
- Wear your Tourism crown and sash through-out the entire time the interview crew is there.
- Speak in short, clear phrases and slow down your pace.
- Look at the interviewer, not the camera.
- Maintain positive body language even during non-interview footage (known as "B-roll").

#### Final Thought

This is your moment. Own it with purpose. You're not just telling your story—you're shaping the way the world sees Miss Tourism. Handle each interview with heart, clarity, and confidence, and you'll shine brighter than any spotlight.

## **Authors Contributing**



Special to the Tribune

Little Miss North Carolina Payton Runge of Mooresville received the title of World's Little Miss Tourism 2019 at the pageant held in Nashville, Tenn., on July 26-29.

Payton, the 6-yearold daughter of Ben and Sheila Bell Runge, competed in the pageant along with girls from all over the United States and other countries including Guatemala, China, Puerto Rico, Belgium and the Virgin Islands. She represented North Carolina with her NASCAR state costume introduction, interview, evening gown, WOW runway, super-model runway and photogenic categories During the weekend,



Payton Runge was crowned World's Little Miss Tourism

Payton loved spending time with old and new friends and, according to her mom, "really hit it off with her newest friend, World Tourism Little Miss Maryland Harper Grace."

Payton plans on spending her upcoming year representing her title in Mooresville by continuing to volunteer at the Mooresville Christian Mission, where she helps in the food pantry by stocking shelves, bagging dog and cat food, and helping to walk the shoppers through the building. Payton has been volunteering along with her mother at the mission for two years.

Other volunteer efforts have included volunteering at the Charlotte Ronald McDonald House making breakfast or cookies, cleaning local roadsides; collecting books, stuffed animals; clothes and can tabs for her Sister Queens and their platforms and collecting duffel bags and suitcases for DSS so that children have a bag to use when they travel.



#### What will set you apart

Having photos ready! Be prepared with a few options for the reporter or news outlet. During the Interview wear your crown and sash the whole time. You never want a missed opportunity or a photo without your crown and sash to land on the front page. When most beauty queens focus on themselves and the laundry list of titles they have conquered a Tourism Royal with class understands its about her reign with Miss Tourism only. Handling a Press Interview Professionally

As a Miss Tourism Queen—whether you're representing a city, state, country, or holding a world or ambassador title—your press interview isn't just about you. It's about you as a titleholder and the journey you're on with Miss Tourism.

## **Tackling The Tourism Interview**



When the press invites you to speak, it's exciting, but it's also a moment to be mindful. They may ask personal questions or try to steer the conversation, but your job is to gently guide it back to your purpose. This is your opportunity to share what Miss Tourism means to you, what you're doing with your title, and how you're using your voice to make an impact.

Think of it like this: You are the brand. And like any great representative, your focus is on the message. Keep your answers positive, focused, and on-brand. Talk about your experience, your community work, your goals during your reign, and what makes Miss Tourism different. That's the story we want told—and the story people want to hear. Remember: You're in control of the interview. Smile, be gracious, and if something feels off-topic, redirect the conversation with confidence and kindness. You're not just sharing your story—you're shaping how the world sees Miss Tourism.

Showing the significance you bring to your communities







to Bessery Queen Magazine - Issue 6 - 2022 World Class Wisson of the Medical Class Wis



A press interview is not about you personally—it's about you as Miss Tourism. Your personal story matters, but in this moment, it's your journey with Miss Tourism that should take center stage. What have you accomplished or hope to accomplish as a Miss Tourism Representative? How are you serving your community under the Tourism Stars? What impact are you making with your title? These are the messages that elevate both you and the brand you represent.

The press will often guide the structure of the interview—but never forget, you are in control. Stay gracious and poised, but know how to redirect gently if the questions stray from your purpose. Always bring the conversation back to your role, your service, and your platform with Miss Tourism.



Five-year-old Morgan Benton, left, and 13-yearhiara Ogle, both of St. Clair, stand in front of some e debris remaining from the devastating tornado the ruck Joplin on May 22.

## Pageant Participants Assist Joplin Victin

Thirteen-year-old lair Junior High School ighth-grader Chiara Ogle, ne current World's Miss Juior Teen Missouri Tourism; ing the Boys and Girls Cl nd fellow pageant sister Iorgan Benton, a 5-year- were staying; Childre ld kindergarten pupil at St. Haven, where the you lair Elementary and the est victims of the storm urrent World's Little Miss being housed; the trau lissouri, put their crowns center and volunteer t good use recently by col- where others are stay

sex and Robin Benton.

Collins-Messex said girls visited several lo tions while in Joplin, incl where 250 to 300 child ecting and distributing and working; and the R

Most importantly, use this opportunity to show the world the heart behind the crown. When you highlight the significance you bring to your community—through appearances, service, and leadership—you show the world what Miss Tourism is truly about. You become a reflection of the values we hold dear: empowerment, kindness, and global citizenship. So walk into that interview with confidence. You are prepared. You are poised. And you have something meaningful to say. Let your light shine-professionally and purposefully—and you'll leave a lasting impression.

#### 1. Know Your Miss Tourism Messaging

Before stepping into any interview, it's essential to know what you want to say—and why you're saying it. As a Miss Tourism Queen, your role is to represent the brand with grace, clarity, and confidence. That starts with being crystal clear on your core message.

What do you want the audience to remember about you and your journey with Miss Tourism? What impact are you making with your title? Take time to define two to three key messages that align with your goals and the values of Miss Tourism. These should reflect your purpose, the positive work you're doing, and what being a Tourism Queen truly means to you.

Then—practice. Rehearse those points until they feel natural. You want your words to flow smoothly and sound authentic, not rehearsed. During an interview, there's a lot happening, and the last thing you want is to stumble over your message or forget what you wanted to say.

Even if the conversation only allows time for one or two of your main points, you'll have still delivered strong, memorable, and mission-focused content. Your message is your spotlight—make it count.

#### 2. Keep It Short, Sweet, and Clear

In a Miss Tourism interview, less is often more. Just because you talk longer doesn't mean your message is more powerful. Audiences today value clear, concise responses, and your goal is to deliver meaningful answers that are easy to follow and remember.

Aim to keep your answers short, simple, and direct. This helps you stay on message and gives you the opportunity to guide the conversation where you want it to go. The more focused your response, the easier it is to highlight what makes your Miss Tourism journey special.

#### 3. Don't Be Afraid of Silence

Silence can feel uncomfortable—but in interviews, it's a tool. Many reporters will pause after your answer to see if you'll keep talking. It's a common technique designed to get you to say more than you intended. Don't fall for it.

If you've made your point clearly and confidently, pause and smile. You're not obligated to fill the silence. Only continue speaking if you have something meaningful to add or if you're intentionally transitioning the conversation to a new topic. Otherwise, let your message stand on its own. Silence shows confidence—use it wisely. Practice this with other Tourism queens.

#### 4. Stay in Control of the Conversation

Remember: you're the Queen, and this is your story. While interviewers are skilled at asking attention-grabbing questions, it's your responsibility to stay focused and in control. Always bring the conversation back to your purpose, your Miss Tourism journey, and the positive impact you're making.

Don't be afraid to redirect gently if the interview starts to veer off course. You are the voice and face of your title, and staying on message is how you represent both yourself and the Miss Tourism brand with integrity and professionalism.

Lead with purpose. Speak with clarity. Own your story.

A question Interviewers love to ask queens is, what is your opinion about children dressing like adults and being on stage. A fair answer is, Miss Tourism does not allow that what others do I really would not know about others.

#### 5. Never Lose Your Cool

In any Miss Tourism interview, grace under pressure is key. No matter how the conversation unfolds—or how a question is asked—stay calm, collected, and professional. Some reporters may try to catch you off guard or lead the conversation in a more dramatic direction. Don't take it personally.

Instead, take a breath, smile, and stay grounded in your purpose. You represent something bigger than yourself, and your response should always reflect the values of Miss Tourism: confidence, kindness, and composure.

And always remember—when you're speaking to the press, you're on the record. Everything you say is part of your public voice, so choose your words with care and never let emotions lead the moment.

Staying cool, calm, and queenly is your ultimate power move.

#### 6. Practice with Purpose

Great interviews don't happen by chance—they happen through preparation. As a Miss Tourism Queen, this is your opportunity to share your vision, inspire others, and leave a strong, positive impression. But that's hard to do if you're unprepared.

The more you practice, the more natural and confident you'll feel. Know your key messages, rehearse your delivery, and get comfortable speaking them out loud—ideally with someone who can offer feedback. Practicing isn't just about what you say, it's about how you say it: your tone, body language, and presence all matter.

When you take the time to prepare, you won't have to scramble for the right words under pressure. Instead, you'll speak with ease, clarity, and queen-worthy confidence.

#### 7. Be Yourself—That's Your Superpower

As a Miss Tourism Queen, one of your greatest strengths in any interview is authenticity. When you speak from the heart—with confidence, warmth, and enthusiasm—people listen. Whether you're sharing your story, your platform, or the impact you're making, let your passion shine through.

You are the face of your title, and the way you connect with others matters. Audiences want to hear from someone who believes in what they're saying and genuinely cares about their purpose. That realness builds trust—and trust builds influence.

Media interviews give you the stage to show the world who you are and what Miss Tourism is all about. So own the moment. Stay true to yourself, speak with purpose, and know that you are in control of the conversation.

Being poised and professional doesn't mean being scripted—it means showing up as your best self, ready to inspire.





#### **Make Yourself Tourism Famous**

You've earned the title—now it's your time to make waves! Being Tourism Famous means stepping into the spotlight with purpose, personality, and pride in what you represent. Whether you're visiting local landmarks, doing a school appearance, filming a creative video, or getting featured in the media, every moment is your opportunity to show the world what Miss Tourism is all about.

"Empowering young women to rise, shine, and lead. Because every queen deserves to know her worth."

#### **Make Yourself Tourism Famous**

This isn't about being everywhere—it's about making everywhere know who you are. Your presence should leave a lasting impression, not just for your crown, but for the message behind it. Be bold in your platform, be creative in your content, and always carry yourself like the leader you are.

Tourism Famous queens are unforgettable. So go out there, tell your Miss Tourism story, and let the world see how one title can make a global impact—starting with YOU.



"From the ground to the crown—watch her rise."

# do the WORK

#### Preparing for a Media Interview as a Miss Tourism Queen

You know, Media interviews are a wonderful way to share your journey as a Miss Tourism Queen. With the right preparation, you can represent yourself and the Miss Tourism Organization with confidence and professionalism.

#### **General Interview Tips**

- **Arrive early.** Whether it's a live interview or a scheduled one-on-one, be ready at least 10 minutes ahead of time. Make sure your appearance, background, and setup are all polished if the interview is in person or virtual.
- It's normal to be nervous. If you're unsure about anything, reach out to your Tourism director or media contact for support.
- Ask for clarification if you don't understand a question. It's better to ask than to guess.
- Stay within your role. If a reporter asks about something outside your experience, you can redirect the question. For example: "That's not my area, but what I can share about my work as Miss Tourism is..."
- Be mindful that everything said before and after the interview may still be "on the record." Keep your comments respectful and on-brand at all times.
- Don't expect to review the story before it airs or is published. You may
  politely ask for a quote to be double-checked, but journalists work under their
  own standards.
- If asked for personal contact details, ask the reporter to connect with you through your director or the appropriate Tourism contact.



#### Preparing for a Media Interview as a Miss Tourism Queen

#### **Miss Tourism Messaging Tips**

- Prepare two or three key points you want the audience to remember.
   Focus on your platform, your service work, and what being a Miss Tourism
   Queen means to you.
- **Know all you can about the Miss Tourism Organization.** When it started. How it started. Know the mission and vision.
- **Practice delivering your key points clearly and briefly.** Keep them short enough to be used as a quote or clip.
- Repeat your key messages during the interview in different ways to reinforce them.
- Stay focused on your current reign. This isn't the time to share your full life story—save that for a lifestyle interview after your reign. Stick to your work as a titleholder and what you're accomplishing now.

#### **Radio Interview Reminders**

- Listen to the program ahead of time so you know the tone and format.
- Be aware of background noise. Don't eat, drum on the table, or move near the mic.
- Speak clearly and use everyday language that anyone can understand.



#### Preparing for a Media Interview as a Miss Tourism Queen

#### **Television and Video Interview Reminders**

- Avoid busy patterns, all white or black clothing, or anything that will blend into the background.
- If the interview is in your space, tidy up beforehand to make sure nothing distracting or personal appears on camera.
- Be sure no other pageant crowns, sashes or materials are in view.
- Sit if possible. Look at the reporter, not the camera. Speak clearly and at a natural pace.

#### **Print Interview Reminders**

- Ask if the reporter plans to record the interview.
- Be clear and simple in your responses. Use plain language unless you're speaking with a specialist publication.
- You may offer helpful extras like photos or event details—but only if they're relevant and cleared for use.







She didn't wait for a seat—she built her throne. With purpose in her steps, and a heart filled of gold, she carved out her own place in the spotlight. This journey is about rising up, boldly and unapologetically. She learns her worth, embraces her voice, and leads with compassion and courage. And as she rises, she doesn't rise alone. She lifts others, lights the path, and proves that when one girl dares to believe in herself, she inspires a generation. Watch her rise—and light the way for others. That is a Tourism Girl!!



### The Decision:

**Rising UP isn't just a direction—it's a decision.** It's the quiet choice she makes every day to believe in herself, to grow through the hard moments, to put in the work and to keep moving forward even when no one is watching. At Miss Tourism that decision becomes her superpower.

**She's not just here to stand tall—she's here to stand out.** Crowned by courage and elevated by confidence, she becomes more than a contestant; she becomes a role model, a leader, and a light for others still finding their way. Her journey proves that true queens rise from the inside out.



"With every challenge, she climbs higher."



#### 1. Don't ask for the interview questions in advance.

As a Miss Tourism Queen, you're expected to represent the organization with confidence and professionalism. Most reporters will give you a general idea of what they plan to cover, but asking for the exact questions ahead of time can come across as unprepared or uncertain. Trust your preparation, your message, and your role.

If you're feeling nervous, that's completely normal! Reach out to your director or media prep contact for support. They're here to help you shine on and off the stage—media moments included.

#### 2. Be prepared to represent Miss Tourism, not just yourself.

When you're in front of the press, remember that you're not only representing yourself, but also the Miss Tourism Organization and its values. Always keep the conversation focused on the impact you're making representing Miss Tourism in your community, your journey, and your goals as a gueen.

#### 3. Keep your messaging on brand.

Your words are powerful—use them wisely! Stay consistent with your message and the values of Miss Tourism. Keep it positive, motivational, and inspiring. Talk about your experiences, what you've learned, and how you plan to help make the world a better place through your title.



#### 4. Be calm and collected.

It's easy to get overwhelmed, but staying calm is key to delivering a successful interview. Take a deep breath before speaking, and don't feel the need to rush. If you don't know the answer to something, it's okay to say so. Just stay confident and ask for clarification if needed.

#### 5. Remember to listen.

Pay attention to what the reporter is asking. This helps ensure you're answering the question fully and keeps you engaged. Sometimes it's not just about what you say, but how you listen and respond thoughtfully.

#### 6. Rehearse your key points.

Practice makes perfect! Take time to rehearse key points and messages you want to share about your journey, your community work, and your vision for Miss Tourism.

Being prepared will give you the confidence to speak clearly and stay on track.

#### 7. Handle difficult questions gracefully.

You might get tough questions, but how you respond matters more than what you're asked. Keep your composure, stay positive, and pivot back to the topics you want to highlight. You are in control of the interview!

#### 8. Make it memorable.

This is your moment to stand out, so don't be afraid to add a little extra personality! Whether it's through a personal story, a memorable quote, or your passion for The Miss Tourism Organization, make sure your message leaves a lasting impression.



#### 9. Blocking and Bridging: Mastering Your Interview Responses

When you're in an interview, sometimes reporters will ask questions that aren't aligned with your message or fall outside your area of expertise. Don't worry—blocking and bridging are effective techniques to steer the conversation back to your key messages.

Use transitions to guide the conversation:

- "That reminds me..."
- "Let's look at this in the bigger picture..."
- "Let me put that into perspective..."
- "Another important aspect I'd like to highlight is..."
- "I'm glad you brought that up..."
- "Let me add to that..."

#### Block a question and bridge back to your message:

If a question doesn't fit within your area of expertise or the agreed-upon topics, don't hesitate to block and bridge. This helps you maintain control of the interview and ensures you stay on point.

- Example: "I'm not the best person to answer that, but what I can share is..."
- Example: "I don't have that information at the moment, but here's what I do know about the Miss Tourism mission..."

By using these techniques, you'll be able to keep the conversation focused on what you're passionate about—your journey with Miss Tourism—and ensure you're sharing the most important, relevant information.



#### 10. Pivoting for Miss Tourism: Taking Control of Your Interview

"Pivoting" is the art of steering the conversation towards the topics you want to talk about, especially when faced with tricky or leading questions. This is a great tool for handling tough moments or when you want to keep the spotlight on what matters most to you.

#### **How to Practice:**

- Prepare Your Key Messages: Before your interview, take a moment to identify the main points you want to get across. Think about how you would pivot back to these messages if you're asked something unrelated or uncomfortable.
- Simulate Tough Questions: Ask a friend or mentor to throw some "gotcha" questions your way—these could be challenging or controversial. Practice pivoting by responding with your main message, no matter the question. For example, if asked about a tough subject, you can steer the conversation back to your mission as a Miss Tourism Queen:
- "While that's an interesting point, what's truly important to me is how Miss
  Tourism empowers young women and gives them the tools to lead and make a
  difference in their communities..."
- Stay Updated: Know what's going on in the world around you—both locally and globally—so you're prepared for any unexpected questions. If a reporter brings up an issue you don't feel comfortable discussing, have a plan to pivot towards something more relevant to your story.



#### 10. Pivoting for Miss Tourism: Taking Control of Your Interview

Tips for Effective Pivoting:

- Keep It Light and Confident: If a reporter brings up something negative or uncomfortable, use a friendly tone to steer away from the topic.
- Example: "That's an interesting question, but I prefer to focus on the incredible work that Miss Tourism contestants are doing to make a difference. What's truly exciting is how we can inspire others..."
- End on a Strong Point: Always pivot to a message or topic you're passionate about and end with a statement that makes your point clear, leaving little room for follow-up questions.
- Example: "While I may not have all the details on that, what I do know is that Miss
  Tourism provides opportunities for women to grow, learn, and shine on a global
  stage. That's what we should focus on."
- Practice Makes Perfect: Familiarize yourself with key topics, current events, and personal stories that you can confidently bring up to pivot back to your message.
- Never be afraid to use your voice.

#### **Sample Pivots:**

Reporter: "How do you feel about the criticisms regarding pageants promoting unrealistic beauty standards?"

You: "I understand that concern, but what's truly important to me is how Miss Tourism helps young women build confidence, develop leadership skills, and make meaningful impacts in their communities. That's why it's so powerful to be part of an organization that focuses on much more than just appearance."



#### 10. Pivoting for Miss Tourism: Taking Control of Your Interview

#### **Sample Pivots:**

Reporter: "Do you think the pageant system can evolve to be more inclusive?"

You: "Absolutely. It's important for pageants to be much more inclusive, and be like Miss Tourism, to reflect the diversity of the world around us. What I'm most excited about is how Miss Tourism fosters a supportive environment where women from all walks of life come together to empower each other."

By mastering pivoting, you'll stay in control of your interview and ensure that the conversation highlights the key aspects of your journey as a Miss Tourism queen.

#### 11. Staying Out of Trouble: Every Mic Is a Hot Mic

Whether you're preparing for your first media interview or you're a seasoned Miss Tourism queen, here's one golden rule to live by: assume every microphone is live and every word is on the record.

#### That means:

- Before and after the interview, treat every conversation with a reporter as part of the official record. Even casual chats can be quoted—so choose your words wisely and professionally at all times.
- You can't take it back. Once you've said something, you can't declare it "off the
  record" after the fact. If something needs clarification, absolutely ask to correct
  yourself—but never assume a do-over is guaranteed.



#### 11. Staying Out of Trouble: Every Mic Is a Hot Mic

- Emails count too. Even those friendly or logistical messages you send while arranging the interview can be considered fair game, so keep them clear, respectful, and media-ready.
- Watch your notes. If you bring written material into an interview, be sure it's something you'd be comfortable seeing quoted—or even photographed and shared. When in doubt, leave personal notes behind.

Bottom line? Represent yourself and the Miss Tourism Organization with grace and professionalism at every stage of the interview process. Speak with confidence, stay focused on your message, and always assume the world is listening—because they just might be!



## 12. How to Look and Sound Relaxed in a Media Interview Performance Tips for Miss Tourism Queens

In any media interview, what you say matters—but how you say it leaves just as big of an impression. Whether it's a TV appearance, radio spot, livestream, or podcast, your delivery helps shape how your message is received. Feeling a little nervous? That's normal! But with the right techniques, you can look and sound confident and collected, even under pressure.

#### Here are some key performance tips to help you shine:

#### 1. Slow Down Your Speaking Pace

Nerves can make you speed up without realizing it. You might talk fast, skip breaths, or race through your thoughts just to get it over with. But speaking quickly can make you sound nervous and harder to follow.

#### Instead:

- Pause briefly before you start speaking.
- Take small pauses between sentences.
- Focus on breathing calmly as you talk.

When you slow down, you give yourself space to think, and your audience has time to absorb your words.

#### 2. Don't Feel You Have to Fill the Silence

It's not your job to keep talking until someone stops you. Media interviews aren't about saying the most—they're about saying what matters most. Once you've made your point, stop. Let the interviewer take it from there.

You'll appear thoughtful, focused, and in control.



## 12. How to Look and Sound Relaxed in a Media Interview Performance Tips for Miss Tourism Queens

#### 3. Keep Your Answers Concise

Be clear, to the point, and purposeful. Rambling can lead to going off-topic or missing the chance to drive your message home. Say what you came to say, then wait for the next question.

#### 4. Practice With a Friend or Mirror

Get comfortable hearing yourself speak clearly and at a relaxed pace. Practicing will help you fine-tune your tone, pacing, and message delivery.

Interviews are your time to represent Miss Tourism with poise and authenticity.

Confidence doesn't mean having all the answers—it means knowing your purpose, owning your message, and showing up as your best self.

You were chosen for a reason—let that shine through.



## 13. Let Your Personality Shine in Media Interviews Performance Tips for Miss Tourism Queens

#### Add Life to Your Voice and Presence On Air

A great media interview is more than just saying the right thing—it's about how you say it. If your tone is flat, your message may fall flat too. That's why it's important to bring light and shade to your voice—let your personality shine through!

#### **Use Your Voice to Show Emotion**

You're not a robot—and you shouldn't sound like one either. In everyday conversation, you naturally show excitement, curiosity, concern, or joy with your voice. That same energy should come through in an interview.

#### For example:

- If you're thrilled about an upcoming Tourism initiative, let your voice lift with that excitement.
- If you're passionate about a cause, speak with purpose and warmth.
- If something frustrates you (like litter on the beach or a missed opportunity to support your town), let your tone gently reflect that concern.

It's not drama—it's being real.

#### Amplify—Just a Bit

Cameras and microphones can dull down your personality. So turn your energy up by about 10%. Think of it as "you, on your best day"—after a good night's sleep and your favorite coffee.

Smiling while you speak, even during audio-only interviews, makes a difference. People can hear your warmth and authenticity.



## 13. Let Your Personality Shine in Media Interviews Performance Tips for Miss Tourism Queens

#### **Practice Makes Powerful**

Film yourself answering a few questions on your phone. Watch it back. If it feels a bit silly at first, that's okay! You'll likely notice that what felt "extra" actually looks natural and engaging.

#### Why It Matters

Audiences—whether on screen, on air, or online—can choose whether to keep listening. If your tone is flat, they'll drift. But when you speak with genuine energy, people stay with you, and your message lands.

Channel that high school drama class just a little—just enough to make your message memorable. You're not just representing yourself—you're representing a brand that celebrates passion, people, and purpose.

Make Miss Tourism Pageant Organization PROUD stand out—for all the right reasons.



## Media Performance Tip: Sound Relaxed & Professional by "Signposting" with Your Voice

#### Make your message clear—and know when to land the plane!

In a media interview, how you sound is just as important as what you say. One powerful tool? Signposting with your tone of voice—especially when you're finishing your point.

#### Here's the secret:

Media interviews are like pretend conversations. You're not just chatting; you're performing a back-and-forth that feels smooth and natural. And that means learning when to speak... and when to stop.

#### Don't hog the mic.

If you ramble for five minutes after one question, it makes things awkward—and no one wants that. And most likely you will not be asked back.

#### Make your point, then land the plane.

Once you've made your key point, use your voice to signal that you're done. This helps the interviewer jump in naturally and shows you know how to play well in the media space.

#### Let your voice do the work.

Your tone can rise slightly when you're explaining, then settle when you're wrapping up. It's a subtle cue, but it makes a big difference. Think of it like wrapping a bow around your answer—it signals, "That's it. I'm done. Your turn."



#### Be clear. Be polished. Be queenly.

Confident communicators know when to stop talking—and that pause? It's powerful. You'll sound more in control, more polished, and yes, more relaxed.

So next time you practice, focus not just on what you say, but how you end it.

Queens don't ramble. They own the moment—and then gracefully pass the mic.

#### **Media Performance Tip: Your Listening Face Matters**

Even when you're not speaking in an interview, you're still being seen—and how you look while you're listening says just as much as your words.

When you're on camera and the interviewer is talking, keep your expression soft and engaged. Nod naturally, but don't overdo it. Too much movement or forced reactions can feel inauthentic or distracting.

If you're doing a remote interview, look directly into the camera lens—not at the screen. It gives the impression of strong eye contact and helps you connect with your audience.

And if you disagree with something? It's okay to show a thoughtful or serious expression. Just keep it calm and respectful.

In short: be present, stay focused, and let your face say, "I'm confident, composed, and ready." Miss Tourism Queens, the camera is always rolling—own your moment.



#### Media Performance Tip: Don't Stress About Your Hands

One of the most common questions during media prep? "What should I do with my hands?"

#### Here's the truth: it doesn't really matter.

When the cameras roll, people suddenly get hand-conscious—but in your everyday life, you're not constantly overthinking your gestures while chatting with a friend, shopping, or riding the bus. So why start now?

If you naturally gesture when you talk—great. Let your hands move freely in a way that feels authentic to you. If you're more reserved, that's fine too. Just keep your hands gently resting in your lap if seated, or relaxed by your sides if standing. The real key? Be you. Comfortable, confident, and focused on your message—not your fingers. Let your passion do the talking, and your hands will follow.

#### Media Performance Tip: Worried About 'Um's and 'Er's? Don't Be.

Let's talk about verbal tics—those little fillers like "um," "er," "you know," "like I said." We all use them in natural conversation, and that's okay!



#### Media Performance Tip: Worried About 'Um's and 'Er's? Don't Be.

If you're concerned that they're slipping into your interviews too often, here's what to do: record yourself answering a few questions on your phone. Watch it back, or better yet—send it to someone who'll be honest with you (maybe not your mum!). Ask them if they noticed anything distracting. If not, you're likely overthinking it.

Still feeling unsure? Try slowing down your speech. If you feel an "um" coming on, take a breath instead. Pausing adds polish, not awkwardness.

Remember—confidence is built with practice. The more interviews you do, the more natural and relaxed you'll sound. You've got this!

This title could be bigger than anything you have ever done. It is up to you to use it in a way that helps build the Miss Tourism Pageant and you, your brand and your future

Miss Tourism is just the beginning—we are training our queens for the life they deserve and a future they can build on!