**SHARE YOUR RESEARCH: HOW TO GIVE A GOOD TALK**  
**WORKSHEET: DISTILLING YOUR CORE MESSAGE**

*This worksheet will help you define the core message/key takeaway of your talk.*

Briefly write down the following for your research talk:

<table>
<thead>
<tr>
<th>Topic of your research talk</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Audience of your research talk</td>
<td></td>
</tr>
<tr>
<td>Goal of your research talk</td>
<td></td>
</tr>
</tbody>
</table>

Find a peer, colleague, mentor or friend, and tell them a little bit about the “Share Your Research” course and what this exercise is about (i.e., you want to define the core message or key takeaway of a research talk you are building). Share with them the topic, audience and goal of your research talk. Then explain the rules of “Half-Life Your Message” and then do the exercise (refer back to the course or [this video](#) if you need a refresher). Write down notes on the 30-seconds and 15-seconds’ versions of your message. How are they different? Write down notes on the feedback you received and your reflections, including what your core message is.

**30-seconds version of your core message**

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15-seconds version of your core message

Feedback and reflection notes

Your core message