



3 Quick Scripts When Answering on the Spot

Written by Gia Abao — Made for you

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What is *Kahit Kabado*™?

Kahit Kabado™ is a **confidence gym** for every Filipino who's ever felt nervous, shaky, or unsure when it's time to speak. It's more than a public speaking brand. It's a safe space to unlearn fear and rebuild self-trust.

This platform was created for:

- Students and fresh grads who freeze during reports, defenses, or interviews
- Professionals who overthink, ramble, or blank out during meetings and presentations
- Creatives and content creators who want to show up confidently on camera or on stage

Whether you're speaking in a classroom, a boardroom, or online, Kahit Kabado™ helps you say what matters even if your voice shakes.

Long-term vision:

To build a generation of Filipinos who speak with clarity, not because they're fearless, but because they're brave enough to start, *kahit kabado*.

Think Fast, Speak Clearly

Freezing when asked a question on the spot doesn't mean you're not smart. It just means your brain needs a structure.

Since launching *Kahit Kabado*™ and opening 1:1 coaching, I've noticed a common struggle:

“I know what I want to say, but I freeze when I get asked on the spot.”

Whether it's a master's defense, meeting, or unexpected recitation, speaking without a script can feel overwhelming.

But here's the truth: I used to feel the same way.

I hated impromptu speaking until I discovered the secret: start with a structure.

And that's what this freebie is. A 3 quick, plug-and-play scripts you can practice right now to sound clear, calm, and confident.

1. SEE-I Framework Practice

State • Explain • Exemplify • Illustrate

S – State it clearly: Begin by directly stating your main idea.

E – Elaborate: Add a short explanation in your own words.

E – Exemplify: Give a concrete example or story.

I – Illustrate: Use an image, comparison, or scenario that makes it memorable.

Meeting / Professional Setting

Question: “How can we improve teamwork in this department?”

S: “I think we can improve teamwork through clearer communication.”

E: “When expectations are shared openly, it prevents misunderstandings.”

E: “For instance, in our last project, setting weekly check-ins helped everyone stay aligned and avoid duplicated work.”

I: “It's like rowing a boat if everyone rows in sync, the boat moves faster and smoother.”

Listening vs. Speaking (Recitation Example)

Question: “Why is communication more about listening than speaking?”

S: “I believe communication is more about listening than speaking.”

E: “When we listen first, we understand better, which makes our response clearer and more meaningful.”

E: “For example, during group projects in college, I realized I worked better with teammates when I actively listened instead of rushing to share my own ideas.”

I: “It’s like being in a choir. If no one listens to each other and everyone sings loudly, there’s no harmony.”

Kahit Kabado, Gawin Mo ‘To:

Prompt: *“Why is it important for Filipinos to speak up?”*

S: _____

E: _____

E: _____

I: _____

Script 2: Presentations (Opening a Talk or Report)

Suggested Structure:

- Start with a statistic, personal story, or quote
- Brief self-introduction
- Mention your key points
- End with a clear thesis statement

Example:

“Did you know that 85% of professionals experience stage fright? Good morning, I’m Gia Abao, and today I’ll walk you through three ways we can overcome this common fear. We’ll explore the psychology behind stage fright, real-world strategies, and a framework you can apply in your next talk. My goal is to help you feel more confident every time you speak.”

Script 3: Research Defense (Opening Your Defense)**Suggested Flow:**

- Hook (personal connection, question, or quote)
- Explain its relevance to the audience
- Briefly highlight key concepts or legal bases
- Point out the research gaps

Example:

In ASEAN, over 6.5 million migrants in 2013 were concentrated in just three countries: Thailand, Malaysia, and Singapore. Meanwhile, other member states continued to struggle with digital access and progress. Despite being a region built on connectivity, many are still digitally left behind.

If technology connects us, why are so many still excluded from ASEAN’s digital growth?

Good morning everyone, I am Gia Abao, and I want to emphasize that Information and Communications Technology, or ICT, isn't just about innovation. It is about economic opportunity, regional unity, and inclusion.

Our study applies the Uzawa-Lucas Model of Endogenous Growth, which highlights the importance of human and physical capital in driving development. We examined ASEAN’s key frameworks, such as the AEC Blueprint, the e-ASEAN Framework, and the ASEAN ICT Masterplan 2015, to assess how policy supports labor mobility and ICT growth.

While ASEAN’s digital development is often discussed, there is still limited research on how labor migration among ICT professionals contributes to ICT-enabled services. That is the gap we aim to fill in this study.

Pro Tip:

Keep this sheet handy during casual conversations, presentations, or meetings. The more you practice these tools in everyday life, the easier it gets in high-pressure moments.

These 3 quick scripts are just a starting point. With the right structure, you don't need to panic when you're called to speak — you'll always have a clear path to follow.

Here's your reminder, kahit kabado:

These frameworks are tools, not scripts. Use them again and again until your voice starts to trust itself. Practice out loud. Mess up. Try again. That's how confidence is built. *Kahit kabado*.



Want to Go Deeper?

The **Kahit Kabado: A Confidence Guide For Every Filipino Who's Ever Felt Afraid to Speak** gives you frameworks and a 30-day practice prompts to stop freezing, rambling, and overthinking. Trusted by 600+ Filipinos to build real confidence.

Price: ₱299 | [Get your copy](#)

A warm, practical ebook filled with personal stories, beginner-friendly speaking strategies, audience-tested insights, and a 30-day kahit kabado speaking challenge to help you speak up. *Kahit Kabado*.

But this ebook is just the beginning ❤️. Inside the Kahit Kabado™ Movement, I also run live webinars, in-depth courses, and group coaching. All designed to give you a safe space to keep practicing and growing.

Since you're already part of this community, you'll always be the first to know when new opportunities open.

For more free tips and resources, visit [🌐 kahitkabado.com](https://kahitkabado.com). We're still working on the site, and we'll send you an update once it goes live.