

105 Topics for Win Speech or 5-minute Presentation

There are pros and cons to giving a 5-minute presentation. One good thing is the length. Long presentations can easily become boring, and you have a much better chance of keeping your audience engaged from beginning to end than with a 5-minute speech.

5 minute speech topics

Choosing a topic is extremely important. To help you getting started, here is a list of some killer topics for 5-minute speech or presentation.

Animals

1. Why it's better to adopt a pet from a shelter
2. Choosing the perfect leash for your dog
3. What is the best food for your pet?
4. How much exercise does your pet need?
5. Bringing back endangered species
6. Domestication of horses
7. Picking the right vet
8. Sleeping with your dog
9. The domestication of dogs
10. How to keep a goldfish alive for a long time
11. How to choose the right pet
12. Why cats are so independent
13. When to get a dog
14. What kind of dog is best for a household with children

Education

1. How to find the money to go to college
2. How much control should the federal government have over curriculum design?
3. How to choose a college
4. Attracting the right people to the teaching profession
5. Discipline in the classroom
6. Memory tricks that work
7. Should students still have to use the books in the library?
8. Textbooks vs. tablets

Family

1. The importance of attachment
2. How to compromise on names for your kids
3. What is the ideal age to start a family
4. How important are grandparents
5. Traveling with children
6. How to help a child with nightmares
7. How to recognize a gifted child
8. When to call the doctor
9. Caring for an ailing parent
10. Balancing home and career

Financial

1. When to start saving for retirement
2. When should you start saving for your children's college education?
3. Crowdfunded loans vs. the bank
4. How to apply for a mortgage
5. Improving your credit score
6. How to negotiate a raise
7. Renting vs. buying
8. How does compound interest work?
9. How to ask for a promotion
10. When is it time to get a new job?
11. Living on minimum wage
12. What to do when you lose your job

Food & Drink

1. Is rare meat safe?
2. Vegan vs. vegetarian
3. What are hops?
4. Best plants for a backyard garden
5. How to make a brine for pickling
6. Planning a menu
7. Meal planning and grocery lists
8. Is free range really better?
9. The perfect macaroni and cheese
10. Benefits of drinking black coffee

Health

1. Benefits of a gluten-free diet
2. Effects of not getting enough sleep
3. Are meal subscription services worth it?
4. Benefits of yoga
5. How to meditate
6. Are GMOs really dangerous?
7. Why cleanses don't work
8. Best juice diet
9. Most effective exercise for burning calories

History

1. The history of television
2. When the railway was king
3. The first Olympics
4. Media during World War II
5. Military advancements between World War I and World War II
6. War photographers
7. The early Internet

Media

1. Why podcasts are great
2. When do people tune into the news most
3. How relevant are women's magazines?
4. How worried should you be about your browsing history?
5. How to limit screen time
6. Why it's bad to use your smartphone right before bed
7. Apple vs. Android

Relationships

1. The best age to get married
2. Finding a roommate
3. Splitting financial responsibilities evenly among the household
4. How to have a happy marriage
5. Choosing your family
6. What to look for in a spouse
7. When to let it go

Self-Help

1. How to overcome self-doubt
2. Faking confidence
3. Becoming comfortable with yourself
4. How to say no
5. Relaxation techniques
6. Controlling anxiety
7. Qualities of a leader
8. The importance of self-care
9. How to eliminate negativity
10. Making new habits

Social Media

1. Ethics of posting pictures of your children on social media
2. How Internet ads are tailored to you
3. How to advertise your business on Facebook
4. Privacy and social media
5. How to protect your personal information
6. When to allow your kids to get their own social media accounts
7. Why you shouldn't post your location on social media
8. How to use a hashtag

Supernatural

1. Proof that aliens exist
2. Debunking crop circles
3. Proof that ghosts exist

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