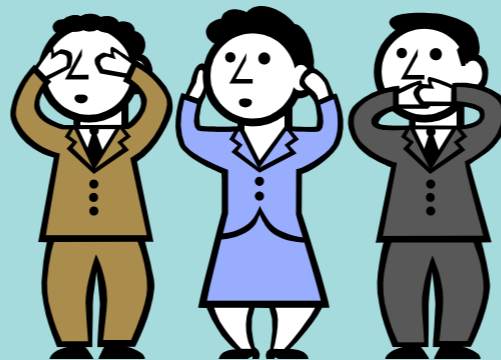


Welcome

Public Speaking



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Objectives

By the end of this workshop you should:

- Understand the skills needed to speak in public confidently
- Identify and address fears about public speaking
- Know the triple P principles
- Put some of the learning into practice

Fear & Worries ?

Write on a single piece of paper in BIG writing one fear or worry you have about speaking in public.

Preparation

Know your material

Know the room

Visualize yourself giving your speech

Gain experience

Physicality

Relax

Turn nervousness into positive energy

Posture

Pace of speech

Volume

Movement

Pander to your audience

Know the audience

Concentrate on the message -- not the medium

Realize that people want you to succeed

Don't apologize

Add humour

Apathy Staircase

Action: Talk about how you are going to make this change happen and what they can do to help you?

Visioning: Illustrate that it is possible for their experience to change? Talk about how this would benefit them? What would need to happen to make this come about? Who makes the decision about this issue?

Injustice injection: Illustrate how their experience is unfair or wrong. Comparisons are often a good way to do this. Showing them that there is an alternative to their experience.

Experience: What is the person's experience of this issue? How does the campaign affect them?

Your Turn



Round up

Any further questions?

Keep in touch:

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