



Speaking with confidence

Most training days in speaking let participants find their weaknesses, give them some tips and then send them away. This course is different. Here participants are encouraged to return to a series of two-hour training sessions, spread out over a number of months. Each time they attend, the participants present a short speech that aims to fulfil specific goals—vocal variety, clear structure in the speech, confident body-language etc.

Participants can work through the set of tasks at their own pace, booking in to the next session when they feel ready. They can also pick the tasks that they feel will most help them develop an ability to speak before an audience with confidence.

Course timing options

Each session runs for two hours. Participants are encouraged to come for up to five sessions.

This modular five-session course is suitable for:

- post-graduate students who have never given a talk before,
- post-doctoral researchers who have given the odd talk, but don't feel confident about their performance,
- lecturers who still hate standing up in front of people and giving a talk, and
- managers and facilitators who have to present ideas at business meetings

Course elements

The five individual tasks aim to gently stretch participants so that they incrementally build skills and develop a genuinely grounded sense of confidence.

- 1) Start speaking—give a pre-prepared 5-7 minute talk about your work.
- 2) Develop a greater sense of structure and organisation.
- 3) Work with PowerPoint to create a visual tool that helps, rather than detracts from, your talk.
- 4) Build vocal skills into your presentation.
- 5) Ensure that your body language is strong and under control as you join the elements together.

In each session, the participants will present a newly prepared short talk, which will be evaluated by the leader and other participants. The sessions will also include games and exercises that enable participants to get to the point where they look forward to the next time they are invited to stand up and speak.

To book a course
or ask questions
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