

## **PUBLIC SPEAKING**

by Susan Overland, RScP

### **Pre-class Checklist:**

- Whiteboard
- Whiteboard Markers
- Brand new box of #2 pencils (unsharpened) or an assortment of bottle corks.

### **Students Leave Class With:**

- A basic understanding of effective Public Speaking
- Basic tools to overcome fear or stress, including ways to warm up the body and voice
- A preliminary outline on how to prepare and present an effective presentation

### **Welcome and Introduction of Topic**

#### **Lesson / Talk / Dialog**

1. Begin an open discussion on when the students think public speaking might come in handy: workshops, pulpit duty, teaching classes, etc.

Ask the students what they think are some of the typical reasons that people fear public speaking. Write these on the white board as they are called out. There are six specific reasons on the "PUBLIC SPEAKING" handout – if any of these are not touched upon, discuss them.

2. Move on to the top five things you can do to alleviate some of the stress, from the "PUBLIC SPEAKING" handout.
3. Now ask the students to recall a favorite speaker, this could be from any situation: a class, workshop, sermon, speech on TV, seminar, etc. As each student shares, ask them what they enjoyed most about this speaker? Was there something particular that they thought made them a good speaker? Record these observations.

4. Cover the two handouts on Relaxation and Consonant Alphabet. If time permits, try several of them, but encourage everyone to try them at home this week.

## Experiential

Using the Tongue Twisters handout, demonstrate for the students just a few of the "mistakes" of public speaking: too soft, too rapid, mumbled, etc. Ask if they have others to contribute. Then, using a wine cork or pencil, demonstrate volume and enunciation by saying one of the tongue twisters with the cork or pencil held firmly between your teeth. (You can also ask for a volunteer to do this.) Depending on your class size, it's fun to give everyone their own cork and have them try it!

## Homework:

Read all of the handouts: PUBLIC SPEAKING, SO MUCH TO SAY... and YOU MEAN THERE WILL BE PEOPLE HERE.

Try doing all of the tongue twisters with your cork or pencil.

Try one or all of the relaxation exercises.

For next week, prepare 1-2 minutes of anything you would like to talk about ... you can tell a joke, a favorite story, the worst date you've ever had, the birth of a child, the funniest thing that's ever happened to you, most embarrassing ... you can recite a poem or the lyrics to your favorite song or prayer. The only requirement is that it be short and that you have it memorized. We will use this to practice talking at the microphone. Have fun!

## Journaling

Take some time this week to notice what comes up for you around the topic of "public speaking." Write a treatment based on any feelings that arise, whether fearful or joy-filled.