



WORKSHOP PLAN

Workshop	Date
Public Speaking	10/19/2019
Learning Outcomes	<ul style="list-style-type: none"> o Define public speaking o Understand and apply public speaking principles o Develop a person public speaking style o Gain comfortability presenting to medium sized groups
Materials	<ul style="list-style-type: none"> o GLM Workbooks
10:00 AM – 10:45 AM	Detox <i>During this time, the girls each discuss their past weeks experiences.</i>
10:45 AM – 11:00 AM	Icebreaker/Agenda Review
11:00 AM – 12:00 PM	1. FA Introduction "Hi I'm {name} and today I am going to teach you how to present to an audience. I am a {job title/occupation} where I {explain job title}. {Share your personal story about how this workshop relates to your life.}"
	2. FA Workshop Explanation Today we are going to learn the basic of public speaking, how to write a speech, then present to one another.
	4. Public Speaking Principles What is public speaking? Public speaking is the art of effectively talking to an audience. People who are good at public speaking experience success in their personal and professional lives. It helps you connect with people better which ultimately helps you get what you want from them.

Who believes they are afraid of public speaking?

Allow the girls to share and discuss their fears. Try debunking their reasons.

Not addressing this fear is a sure way to undermine your own success. Even rich people have to master the art of public speaking.

Here are some ways you can get over your fear of public speaking:

1. Prepare by creating an outline for your speech (we'll learn the speech development formula later). By doing this, you'll know exactly what you want to say leaving little room for guessing and pausing.
2. Begin a emotional security ritual by doing something that shakes your nervousness before your speech. For example, some people might dance before their speech, or listen to Beyoncé.
3. Assume your audience is just like you. Understand that everyone has insecurities. There won't be a perfect person in your audience!
4. Fake it till you make it by pretending to be comfortable. It may help to think of someone you believe is a good public speaker and act like you're them to get through your speech.

Public Speaking + Communication

Some day that more than half of your impact as a speaker depends upon your body language. Body language is the message you send using your facial expressions, gestures, and stance. When you have effective body language, you can support what you are saying and gives you a strong image.

Here's what to do with your body while you're speaking:

1. Use your hands. How would you describe short or tall?
2. Maintain proper posture. When slouching, people generally receive a message that you are uncomfortable or scared. Show them that you are confident by keeping your feet pointing straight ahead, staying still (no swaying, twisting, etc.), and keeping a straight back. If you're not using your hands, simply put them at your side.



	<p>3. Sound excited. Your tone of voice will determine if the audience sees you as sincere and credible. If your tone is rattling, your audience will think you are nervous and unsure about your speech.</p> <p>Say aloud each sentence placing emphasis on the underlined word and allow the girls to tell you how they interpret the sentence.</p> <p>"<u>I</u> didn't tell her you were stupid." (Somebody else told her.) "I <u>didn't</u> tell her you were stupid." (I emphatically did not.) "I didn't <u>tell</u> her you were stupid." (I implied it.) "I didn't tell <u>her</u> you were stupid." (I told someone else.) "I didn't tell her <u>you</u> were stupid." (I told her someone else was stupid.) "I didn't tell her you <u>were</u> stupid." (I told her you're still stupid.) "I didn't tell her you were <u>stupid</u>." (I told her something else about you.)</p> <p>Further mention the impacts of tone of voice.</p> <p>4. Focus your eyes. Scan the room and occasionally look different audience members in the eye. Do not stare at one person.</p> <p>5. SMILE! It's not necessary to remain smiling during your entire speech, but you should smile sometimes to help your audience connect with you.</p>
12:00 PM – 1:00 PM	Lunch
1:00 PM – 2:30 PM	<p><u>Speech Elements</u></p> <p>There are 5 speech elements:</p> <ol style="list-style-type: none"> 1. <u>Greeting</u>: Introduce yourself and share the purpose of the speech. 2. <u>Opening Sentence</u>: Write 1 sentence stating how you feel about GLM. 3. <u>Compelling Question</u>: Write 1 question someone might have that your previous sentence would answer. 4. <u>Supporting Reasons</u>: Write 3 reasons why you feel the way you do about GLM. 5. <u>Closing Sentence</u>: Rephrase how you feel about GLM and how GLM will impact your future. <p>Here's an example of a persuasive speech using the speech elements:</p>



	<p>Hello everyone, I'm {facilitator name} and I want to share with you how important GLM is to me. Have you ever felt that you had to pretend to be someone you're not to please other people? Well, Girls Like Me allows me to be myself. I can tell these girls things I wouldn't feel comfortable sharing with my other friends and family. They encourage me to stick to the standards I set for myself. I get to share my true feelings without being judged. I love that I can be myself when I'm with my GLM crew, this makes me more positive about staying true to myself in the future.</p> <p><u>Group Activity: Speech Elements Matching</u> PA to provide the worksheet. Answer key here.</p> <p>Now, everyone is going to develop their own speech using the speech development formula. Then we'll present them to each other.</p> <p><u>Individual Assignment: Create your own speech</u> In your GLM Workbooks, complete each step in the speech development formula. When combining all of the steps into your speech. Put the compelling question right after your greeting.</p> <p><u>Individual Assignment: Present your speech</u> Each person will present their speech to the group. Take some time to memorize your speech, although you may use your written speech as a guide. Don't forget to add in communication skills!</p>
2:30 PM – 2:50 PM	<p><u>Highlight of the Week</u> Have everyone sit closely in a circle. Start with the person who arrived last to the workshop and rotate clockwise. Ask: what was the highlight of your week?</p>

