



Dare To Speak™ Public Speaking Programme

This is a 2-day intensive programme in public speaking skills.

Course Objective

This programme is intended to help the participant to overcome his or her fear of public speaking and to acquire basic public speaking skills. It also provides advice and guidance for the journey forward. It’s an ideal all-in-one programme for anyone taking first steps to be an outstanding speaker and communicator in English. At the end of the programme, participants are typically able to deliver speeches and presentations with a confidence and persuasiveness they have never thought possible.

Course Methodology

This programme employs adult learning techniques which include active learning strategies to facilitate understanding and retention. Participants will spend 80% of the time in individual or group activities which allow them to learn, develop and practise public speaking skills. A workbook is used to facilitate the programme. The workbook also contains further speech projects for the participants to attempt after the programme. The number of participants is limited to 15 to ensure personal attention for each participant.

Course Syllabus

<i>Module 1</i> Introduction to Public Speaking – the importance of public speaking skills, a glimpse of great speeches	<i>Module 2</i> Self-assessment – where am I now and where do I want to be?
<i>Module 3</i> Overcoming Nervousness & Avoiding Speech Crutches – first speech project	<i>Module 4</i> Speech Organization – introduction, body & conclusion, logic & sequencing
<i>Module 5</i> Body Language – hand gestures, stance, facial expression, eye contact	<i>Module 6</i> Vocal Variety – speaking rate & volume, pauses
<i>Module 7</i> Pronunciation Skills – commonly mispronounced words in English, short cuts to sounding better immediately	<i>Module 8</i> Further Steps – self-assessment again, comparison with earlier results, what to do next to become even better

Course Timetable

Time	1 st Day	2 nd Day
9.00-10.30 a.m.	Introduction to Public Speaking (M1) Self-assessment (M2)	Vocal Variety (M6) Individual Practice
10.30-10.45 a.m.	<i>Tea Break</i>	
10.45 a.m.-12.30 p.m.	Overcoming Nervousness & Avoiding Speech Crutches (M3) Individual Practice	Pronunciation Skills (M7) Individual Practice
12.30-1.30 p.m.	<i>Lunch</i>	
1.30-3.15 p.m.	Speech Organization (M4) Individual Practice	Group Activity – apply all skills
3.15-3.30 p.m.	<i>Tea Break</i>	
3.30-5.00 p.m.	Body Language (M5) Individual Practice	Group Activity – apply all skills Further Steps (M8)

Who is it for?

*Dare To Speak*TM can be conducted for adults, including executives and managers, secondary and tertiary students as well as younger children (with suitable modifications). We believe that everybody needs public speaking skills and that one should begin as early as possible.

We are also able to tailor the *Dare To Speak*TM programme to the specific needs of your organization. Please contact our training consultant for an appointment.

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