

Public Speaking

Speak with Confidence



Program Outline

This interactive two-session workshop will focus on discovering personal strengths, building self-confidence, and providing a safe and fun environment to practice public speaking skills. This workshop will be **facilitated by trained Youth Speakers** who have expertise on one of the top ten fears – public speaking!

- **Overcoming Nervousness**
- **Using Improv for Confidence Building**
- **Communicating Your Story**

Within the context of a youth-friendly and engaging format, Youth Speakers will share their skills on how to access their inner voice to effectively communicate with their audience.

YOUTH SPEAKERS WILL SHARE PERSONAL STORIES



Understanding Public Speaking

Students will learn what public speaking is, as well as the key elements that go into **making an effective speech and presentation**. Youth Speakers will share what they learned when they first began public speaking.



Building Confidence

Helps students build confidence with public speaking by practicing it in a safe space. Youth Speakers will share tips and strategies they used to **overcome the fear of public speaking**.



Strengthen Problem Solving

Students will learn various ways they can **troubleshoot situations if something goes wrong**, as well as how to answer difficult questions while remaining calm and collected. This also strengthens critical-thinking skills.

YOUTH EXPERIENCE. YOUTH VOICE. YOUTH EMPOWERED.



Connect with us: www.youthspeak.ca

BOOK US TODAY!

