

IO3 VAMOS TRAINING COURSE

Expert in migrants' labour and social inclusion

MODULE: 1 SOCIAL COMPETENCES & COMMUNICATION

Unit 2_ Public speech



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MODULE: 1 SOCIAL COMPETENCES & COMMUNICATION



Introduction

- ▷ Speaking in front of an audience is one of the most pervasive fears.
- ▷ It is estimated that 75% of all people suffer from fear of public speaking. In academic training, speaking skills are rarely taught in any formal sense, which may increase anxiety and discomfort.
- ▷ This unit and its contents are focused on the concept of public speaking when dealing with an audience. If you want to learn more about public speaking in a one-to-one situation/interaction, you can go to **Module 4** of this training course.

Unit 2: Public speech

BY the end of this Unit you should

01

Produce a clear, concise, genuine and personal message.

02

Demonstrate ability to overcome communication problems and barriers

03

Know how to relax when speaking in front of an audience

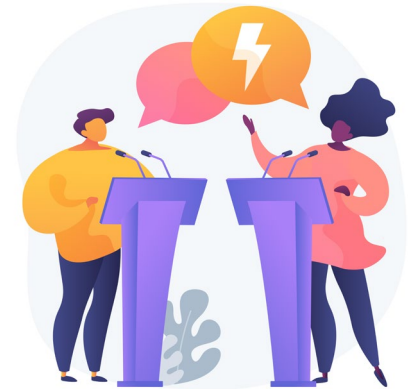
UNIT 2
GOALS

Ways in which we are public speakers/presenters everyday:

Much anxiety over public speaking starts from the fact that we presume public speaking to be unnatural, or that one has to act in a “special way” when giving a formal talk. In fact, the opposite is true: public speaking is something one practices on a daily basis: anytime we speak with another person, we are calling on our speaking skills.

Everyday examples:

- ▷ Social gatherings
- ▷ Speaking to one’s colleagues/mentor/adviser
- ▷ Participating in committee work or departmental meetings
- ▷ Introducing oneself to others at orientations or other large gatherings
- ▷ Dealing with family
- ▷ Skyping (video calls...)
- ▷ Participating in a group/team discussion
- ▷ Sharing a meal in a dining hall, etc.



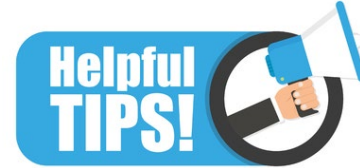
Public speech when having a group

Why do you need to practise your speech?

Here some suggestions about how to perform and effectively deliver a speech.

❖ 9 points for a good speech based on the TED Talk Speech Rules

1. **Be passionate.** It is very important to transmit and make your public feel your passion for the topic you are addressing. You cannot inspire others, unless you are inspired yourself.
2. **Tell three messages/stories.** Select no more than three arguments to evidence the importance of the topic you are approaching and illustrate it through coherent and impactful stories. Be cautious and catchy, do not provide too many facts and figures.
3. **Practice before your performance.** Practice the speech intensively and make it yours.
4. **Tell your audience something new.** The human brain loves new information or new perspectives on a topic. An unfamiliar, unusual, or unexpected element in a presentation refreshes the mind of people.



5. **Bring in 'pin-drop' moments.** This is anything in a presentation that elicits a strong emotional response such as joy, fear, shock, sadness or surprise. It catches the listener's attention.

6. **Use humour without telling jokes.** Humour connects people. Don't take yourself (or your topic) too seriously.

7. **Favour pictures over text.** With pictures, you can illustrate and say a lot and it also brings in humour, empathy, and emotions in.

8. **Be yourself.** The most inspiring speakers are open, authentic and, at times, vulnerable.

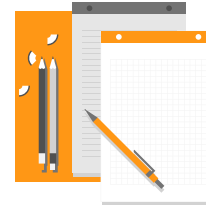
9. **Plan your speech.**



Activity Speak Nonsense:

This activity helps you to pay attention to how you deliver a speech without focusing on the content but only on your voice, your tone, inflections or body language.

- Find a paragraph online in a language that you do not understand.



- Then say the paragraph out loud as if you were giving an important speech and pay attention to how you deliver the speech while trying to create interest. You can also record yourself delivering the speech of nonsense and analyse your voice, tone and body-language afterwards.



How to be relaxed while speaking and connect to the audience:

Some tips that might help you and become a mantra for nervous speakers:

- ▶ Be aware of tension while you speak. Take a breath and try to relax these muscle groups if you notice any tension.
- ▶ Don't fear silence
- ▶ Connect with the audience:
Where is the energy? When is it stronger? How is your connection with the audience? How deeply are they breathing? Can you tune into their vibe?
- ▶ Enjoy the time and the moment and the speech

Activity Where did that name come from?

This activity helps you to be a better storyteller, be creative and deliver a spontaneous speech.

- Pick an item from your home and make up a story about how the item was developed, how it got his name etc. It is not important to deliver correct information, it is more important to be creative and develop a catchy and interesting story from anything.
- Record yourself delivering the short speech about the item in your home.
- Pay attention to developing an interesting speech, using your voice and to avoid filling words like “uh” or “uhm”.



Bibliography:

- ▶ Dice Training Manual <https://cesie.org/en/resources/dice-training-manual/>



Thanks!

