

Soft-Train



*At Soft-Train
Technology Works*

Public Speaking (1 Day)

COURSE GOAL: Upon successful completion of this course the student will have the ability to deliver well planned presentations to a public audience.

PREREQUISITES: None.

LEARNING OBJECTIVES:

Upon completion of this course the student will be able to:

- Speak to large Public Audiences
- Delivery Presentations to Public Audiences
- Speak without Fear to Large Groups
- Believe in Themselves

KEY TOPICS:

I. Coming Out Of The Closet

II. You Are Not Alone

III. Kindred Souls

IV. No Guts, No Glory

- A. Creating True Success
- B. Starting a Journal
- C. Self Assessment of Your Experience with Speaking or Performing

V. Fearing the Fear Itself

- A. The Spiral of Fear
- B. Making Peace with Our Fear
- C. Creating A Safe Place
- D. Grounding Yourself
- E. The Benefits of Deep Breathing

VI. It's Not About Me

VII. Creating Beliefs and Self-Talk That Support Us

- A. Challenging Imaginary Fears
- B. Creating a New Set of Beliefs and Predictions
- C. Banishing the Critical Inner Voice

VIII. Creating a Calm and Resourceful Body and Mind

- A. Shifting Perceptions
- B. Creating Humor
- C. Creating Confidence
- D. Expanding Your Identity
- E. Positive Self Care
- F. Creating a Relaxed and Resourceful Body

G. Expressing Emotional States

H. Creating Resourceful Language

IX. Getting to the Source

A. Understanding the Source of Our Fear

B. Getting Beyond the Pain of the Past

X. Overcoming Self-Consciousness and Inhibition

A. Consciousness and Inhibition

B. The Risk of Appearing Foolish

C. Reducing Inhibition

XI. Creating New Possibilities

A. Revisiting Class Participants