

Workshop Plan for Public Speaking Day Course

with Stella Arman

10am: Arrival and introduction to course work and aims.

- 1.) Working together on body language, reflex-breathing, relaxation and voice support using correct muscles.
- 2.) Placing sound on the breath, vocal economy, discovering how speech can be controlled through the core muscles of the body.
- 3.) Making impact! How the correct use of core muscles not only supports the voice correctly but draws the listeners to us.
- 4.) Opening space in the pharynx, allowing greater projection and resonance. Vocal economy.

These four aspects of public speaking will be learned using exercises in sounds, short sentences, poetry reading and prose.

1pm: Lunch:

2pm: Stretching, energising.

- 1.) Confidence building! Using the reflex breathing to give your body a fundament! Working with the core muscles to stop nervousness.
- 2.) Impact and audience attention. Learning to hold an audience's attention through emotional content of sound. Improving the durability of the voice, avoiding common pitfalls.
- 3.) The art of improvisation. Learning how to keep the ideas and speech flowing, avoiding too much deliberation, stuttering etc.
- 4.) Participants make short improvised speeches using the techniques learned throughout the course. Feedback from delegates on impact, clarity, fluency and interest.

To apply for this course click on contact page of the website and fill in the booking form and click to send. We will then contact you.

We look forward to welcoming you ...