

PUBLIC SPEAKING WORKSHOP: May I say something?

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THE WORKSHOP

We have not been properly taught how to express ourselves. How many times have we heard or used any of the following expressions?

- That's not exactly what I meant...
- I know what I want to say, I just can't figure out how to say it...
- You did not quite get what I meant...
- I find it hard to explain what I'm thinking...
- I'm afraid to make a fool of myself...
- I can't speak in front of an audience...

This workshop is built upon the belief that all abilities can be trained. Its aim is to provide a set of innovative tools to maximise our resources, always from a creative and fun point of view, thus turning communication into an art.

As fantastic as an idea can be, it is not enough to just say it out loud; form is as important as content. Our voice, our body and speech are the instruments available for communication between human beings. They must be trained.

It is all about working on the specific techniques that will help us make these instruments more perfect, more pleasant and more to the point. We can polish our speech techniques and build on our spontaneity and self-confidence. How? It's very simple: just by talking and listening to others.

This workshop is designed to share the knowledge, techniques and instruments acquired throughout the speakers' wide experience in several communication-related areas, such as theatre, oral storytelling, pedagogy, psychology, and physical therapy.

OBJECTIVES:

1. Provide participants with the basic tools for fluent and effective oral communication.
2. Creative use of expressive resources. Voice, gestures and words.
3. Detecting problems, skills and personal resources in the communication process.
4. Learning the art of seduction and persuasion.

CONTENTS

1. COMMUNICATION

General contents:

The ingredients of communication

Essential tools in communication

Personal image: what kind of message am I sending?

In the spotlight: how to handle being the centre of attention

2. BODY

Relaxation and breathing

Energy and posture

Rhythm

Non-verbal communication

- Gaze
- Face expression
- Hands
- Movement
- Gestures

3. VOICE

Diction

Volume

Intonation

Rhythm and pauses

Intention

4. TEXT

Text preparation

Objective and intention

Structure: introduction/body/conclusion

Message

Length

5. STAGING

The audience:

Use of space

Improvisation

Effective start, effective end

6. FINAL EXERCISE

At the end of the workshop, participants must give a talk or a presentation, where the whole speech preparation process will be assessed. They will also receive feedback from their teachers and other students.

METHODS

This workshop is mainly practical. All contents and proposals will be tested by the students themselves through participation and involvement in the exercises.

PLEASE NOTE:

IN ORDER TO OBTAIN THE COURSE CERTIFICATE, STUDENTS MUST:

*ATTEND AT LEAST 80% OF TOTAL COURSE HOURS

*HAVE PAID FOR COURSE FEES

*PASS TEACHER'S ASSESSMENT TEST

*COMPLETE COURSE SATISFACTION SURVEY