

Communi-CONFIDENCE

Speaking Skills for Life



Do you feel nervous, even terrified,
while speaking to a group?

Do you worry about what others think
of you when you speak?

Are you shy when it comes to
speaking publicly?

Then Communi-Confidence is for you

Communi-Confidence will teach you to trust yourself when speaking to groups of people and give you tools to grow your speaking skills.

Anyone, at any age, can get more comfortable speaking to people. Mastering just a handful of simple techniques will *immediately make you a stronger speaker*.

Goal: Speak comfortably to groups.

How: Trust yourself, build and maintain speaking skills.

Why: Speaking well has immense value and feels great!

What's the Value for You?

Speaking confidence, trust in yourself.

Ability to connect, influence, and lead.

Communication skills for academic and career worlds.

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Communi-Confidence Fundamentals: Program activities are designed to boost your abilities in the following areas:

Trusting yourself. Recognize skills you already have. Develop a speaker's mindset. Practice until speaking to groups becomes second-nature.

Connecting with your audience. Pay attention to eye contact, body language, volume, tone, and audience reaction.

Speaking, not reading. Speak to the group, using only a few notes as needed. Our focus is on speaking in the moment rather than on writing and reading speeches word for word.

During our program, we will coach you to sound and feel your best speaking to groups. With practice, speaking to groups can be as easy as sending a text or chatting with a friend.

Simple, Fun Drills May Include:

- Me in Three: I am . . . I like . . . I believe . . .
- Easy-Peasy: Use Speech "Building Blocks" to Form your Message
- Eyes Meet, Minds Meet: Connect through Eye Contact
- Your Personal Remote Control: It's About Volume
- Do - Re - Mi: It's About Pitch
- Say as you See: Using Words to Describe Things
- My Mind to Yours: Describing a Mental Image
- One Step After Another: Giving Sequential Instructions
- Speak your Mind in a Minute: 1-Minute Talk Using Your New Tools
- The Microphone is my Friend: Amplify in Big Spaces

Sign up for Communi-Confidence by contacting the organization that gave you this brochure.



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BUILDING LIFE SKILLS THROUGH THE ARTS

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