

SPEAKING OUT FORUM – THE PROGRAMME

“It is a fundamental right of every human being to express themselves, reclaiming their right to speak and be heard. The core aim of Speaking Out Forum is to empower our participants to achieve this by building their skills, raising their confidence and learning to communicate with others. This programme is changing their lives and through a greater sense of achievement and well-being they can make their unique contribution to society.”

- Simone Lakmaker, Founder and Chair of Trustees



“We believe the work that has been done has made a real difference to the lives of those taking part.”
Mencap.

“Our members have increased self-esteem and are more empowered. Speaking Out Forum changes lives.”
Friendship Circle.

CONTACT US



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SPEAKING OUT FORUM THE PROGRAMME

THE PROGRAMME & MODULES

The programme is inclusive, participatory and creative and is aimed at those with physical disabilities, learning disabilities, and those from disadvantaged backgrounds. The programme will empower participants to speak out with confidence, improving their communication skills and techniques.

The benefits of the programme include improved well-being, stronger self-advocacy, and increased confidence in public speaking. Participants also gain skills that enrich both their personal and working lives.

Participants will learn essential aspects of public speaking, including creating and delivering speeches. Each module will cover breathing techniques, relaxation, and warm-up exercises, as well as providing tools for effective and confident communication.

Modules can be tailored to suit the specific needs of the participants, allowing for a personalised experience. The Modules are core to the programme.

MODULE 1

GETTING TO KNOW YOU & INTRODUCTION TO THE PROGRAMME. DEALING WITH FEAR & TENSIONS

Getting to know each other - participants, facilitators and mentors. The programme approach, format, benefits and the journey together. Exercises to reduce fear and tensions.

MODULE 2

WORKING ON A SPEECH & THE IMPORTANCE OF BREATHING

What is a speech? Structure, pace and content of a speech. The healing power of speech. Choosing a subject and working on a two-minute speech. The importance of breathing and exercises in breathing.

MODULE 3

TYPES OF SPEECHES & USE OF INFLECTION

Types of speeches and their purpose. How to get the message across to an audience. Exercises in using the voice & articulation. Freeing the voice and Nidra Yoga. Participants choose a speech for the end of programme celebration event.

MODULE 4

STRUCTURE & DELIVERY OF A SPEECH

Structure of a speech. The 4 P's - Prepare, Practice, Project, Perform. More exercises in mindful breathing. Developing the speech for the celebration event.

MODULE 5

LISTENING SKILLS & WHAT IS RESONATION

The difference between hearing and listening. What is mindful listening? Positive & negative speech. Exercises in listening. Work on the celebration event speech.



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MODULE 6

COMMUNICATING WITH YOUR AUDIENCE – ARTICULATION & PACE

Pitch, articulation and pace - central to effective speech. Tips on communicating with the audience. Deep breathing and articulation exercises. Using what has been learnt so far to improve the celebration event speech.

MODULE 7

RECLAIMING OUR RIGHT TO SPEAK (OUR VOICE)

What encourages or discourages speech? How does experience impact the confidence to speak? Positive body language and assertiveness with role play exercises. Fine tuning the celebration event speech.

MODULE 8

ADVOCACY – SPEAKING OUT FOR YOURSELF & OTHERS

What is advocacy? Speaking about what matters to the participant and what is important. Self-advocacy and peer-advocacy. Deep breathing exercises and advocacy role play.

MODULE 9

PRACTICAL TIPS & TRICKS FOR MAKING SPEECHES

Some practical tools to help participants perform their speech with confidence. Exercises in posture, breathing, stance, projection, facial expression and body language. Practice using a microphone and lectern.

MODULE 10

ON THE DAY. WHAT TO THINK, SAY AND DO.

What to remember when giving the speech. Dealing with distractions and using the microphone. Other practical tips to help participants make their speech the best it can be at the celebration event.



THE MODULE TEAM & FORMAT

Each module is led by a Speaking Out Forum facilitator, working alongside members of the Partner organisation team, referred to as mentors. All mentors undergo a training workshop that includes comprehensive information about the programme, session agendas, exercises and intended outcomes.

Each module begins with group "Tuning Up" exercises designed to help participants relax, breathe, and improve vocal projection and other speaking skills.

Each module includes dedicated "one-to-one" time for participants and their mentors. This allows the mentors to practice exercises, refine skills, develop speeches for the celebration event and provides an opportunity to reinforce learning outside of the larger group setting.



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THE CELEBRATION EVENT & ADVANCED SPEAKING SKILLS WORKSHOPS

The Core programme ends with an event to celebrate. All participants get the chance to say their speech in front of an audience of family, friends and supporters of the partnership. They are supported by the teams from Speaking Out Forum and the Partner organisation and by their mentors and carers. It's a great way to showcase the progress and achievements made throughout the programme. Participants also receive a certificate, which they can refer to on their CV, and a medal.

Advanced skills modules are available and can be tailored for participants who have completed the core programme and have foundational speaking skills. These modules can be delivered in a workshop format, in collaboration with our partner organisation.

ADVANCED SPEAKING SKILLS 1

INTRODUCING A SPEAKER

How to set the tone for an event, being the link between the invited speaker and audience.

ADVANCED SPEAKING SKILLS 2

GIVING A VOTE OF THANKS

Bringing an event to a close and thanking speakers, hosts and audience.

ADVANCED SPEAKING SKILLS 3

CHAIRING A MEETING & DEALING WITH QUESTIONS AND ANSWERS

Exploring what it means to conduct a meeting and being aware of what is required as well as personal styles. Dealing with questions and answers effectively.

ADVANCED SPEAKING SKILLS 4

FINDING YOUR OWN STYLE & MINI VOICE PRODUCTION SKILLS

Exploring what your personal speaking style is and some voice production skills, techniques and tools.

ADVANCED SPEAKING SKILLS 5

MAKING AN APPEAL

Learning how to be persuasive when putting forward a point of view, a fact or an opinion to support an argument or case.

ADVANCED SPEAKING SKILLS 6

PROPOSING A TOAST

What to say when making a toast and knowing how to use the right words whether for a social or work occasion.

