

Speak-Up Juniors – Communication & Confidence Workshop

Course Name: Speak-Up Juniors: Building Confidence in Public Speaking

Course Duration: 3 hours

Course Overview:

The **Speak-Up Juniors** course helps kids build confidence and improve their public speaking skills. Through engaging activities and real-life scenarios, students will learn how to express their thoughts clearly, speak confidently in front of others, and overcome any fear of public speaking. The course focuses on developing strong communication skills, including body language, voice modulation, and structuring a speech. By the end of the course, students will be able to speak with confidence and clarity in front of an audience.

Pre-requisites:

- No prior speaking experience required
- Willingness to participate in speaking activities and practice public speaking

Who Can Take This Course:

- Kids aged 10-16
- Students who want to develop better speaking skills for presentations, debates, or casual conversations
- Those looking to overcome stage fright and build confidence in public speaking

Applicable Careers Include:

- Public Speaker
- Teacher or Educator
- News Anchor
- Salesperson
- Event Coordinator

Course Syllabus:

Module 1: Introduction to Public Speaking (1 hour)

1. What is Public Speaking?

- a. Introduction to the concept of public speaking: What it is and why it's important
- b. Types of public speaking (e.g., speeches, presentations, storytelling, debates)
- c. Activity: Students share their experiences with speaking in front of others (e.g., class presentations, group discussions)

2. Overcoming Stage Fright:

- a. Tips and techniques to manage nervousness before speaking (e.g., deep breathing, visualization)
- b. Activity: Breathing exercises to calm nerves and feel more confident
- c. Discussion: What are common fears about public speaking, and how can we overcome them?

3. Building Confidence:

- a. Importance of self-confidence in public speaking
- b. Activity: "I Am Confident" Affirmation Game – students write down affirmations and share them with the group to boost their confidence

Module 2: Speaking Skills and Body Language (1 hour)

1. Clear and Effective Communication:

- a. Techniques for speaking clearly, including pronunciation, tone, and volume
- b. Activity: Students practice reading a short passage aloud to focus on clarity and voice modulation

2. Using Body Language to Enhance Speech:

- a. The role of body language: Eye contact, posture, hand gestures, and facial expressions
- b. Activity: Students practice giving short speeches while focusing on using positive body language to support their message

3. Organizing Thoughts and Speech Structure:

- a. How to structure a simple speech: Introduction, body, and conclusion
- b. Activity: Students work in pairs to create a short speech and deliver it to the group, following the basic structure

Module 3: Practice and Presentation (1 hour)

1. Storytelling and Engaging Your Audience:

- a. Introduction to storytelling as an effective way to engage listeners

b. Discussion: How to use personal stories, humor, and examples to make your speech more interesting

c. Activity: Students prepare a short, personal story or experience to share with the group

2. Presentation Skills:

a. Tips for presenting a speech with confidence, including pacing, pausing, and handling mistakes

b. Activity: Students present their prepared speeches or stories to the class, focusing on the techniques they've learned

3. Feedback and Improvement:

a. The importance of constructive feedback in improving public speaking skills

b. Activity: After each presentation, peers provide positive feedback and suggest areas for improvement

Further Opportunities after Completing the Course:

- **Join Public Speaking Clubs:** Students can participate in clubs like Toastmasters or debate teams to further hone their public speaking skills.
- **Compete in Speaking Contests:** Students may consider entering public speaking or debate competitions, gaining experience and confidence.
- **Start a YouTube or Podcast Channel:** Encouraged to share their ideas and stories by starting a YouTube or podcast channel, improving both speaking and presentation skills.
- **Explore Careers in Media or Communication:** Students can look into careers like journalism, broadcasting, or communications where speaking skills are highly valued.