

# 1 INTRODUCE TO IMPRESS

Welcome to Speak Up. A program designed to help you elevate yourself in a very essential skill that everyone needs in life. You had the vision, the courage, and the power of self-direction to enrol in this program. You are setting out on a bold, worthy, and fascinating enterprise. At the end of this training, you will probably be astonished at how much you have gained from it. You will probably have progressed far more than you now dream possible. For the rest of your life, you may look back upon this Course as one of the turning points of your life.

As you embark on this training you might not believe those statements. Are they some wild exaggerations? Trust us, they are not mere overstatements. Speak Up is a training worthy of following, all you got to do is participate and engage religiously in each session.

## **SUCCESS THROUGH SPEECH**

Communication is a part of life. You talk to someone. You ask questions. You express your opinions. You offer information. You may even convince someone to accept your point of view; The way you communicate your thoughts and ideas affects the impression you make on people and, how successful you are in life. Speaking to more than one or more people can make you nervous and uncomfortable. You may be afraid you will say or do something foolish or that you will annoy your audience.

These are some normal concerns, and with some effort, you can overcome them. You can learn to organize and present your ideas in a better way which will help you build your self-confidence that will enable you to handle any speaking situation with ease.

## HOW SPEAK UP CAN HELP

Speak Up is a program is designed to help you develop your public speaking skills. You will learn these skills during the sessions.

During each meeting you will learn and practice speaking and evaluation skills. You will also have the opportunity to learn from experienced speakers. You will learn in a friendly, non – threatening environment, not in a classroom. There are no lecturers or professors, and you will not be graded on your work and progress.

You will be learning these speaking skills with other like-minded people who are there for the same reason you are. You will be guided by people just like you, who once feared public speaking and have successfully developed their speaking skills. Together you will help one and other grow as speakers. Best of all, you will have fun as you learn.

The most important thing to remember is that your progress in the program depends on your effort and how actively you participate in it. You will develop improved speaking skills and increased self confidence that will help you in all aspects of life.

## HOW SPEAK UP WORKS

Your group will work with a coordinator. The educational meetings are held once a week. The coordinator and their support staff will demonstrate how the meeting is conducted. From the second week onwards, you will get involved in conducting the meeting under the guidance of the coordinator.

You will pickup skills and experience as you progress though the course. You will build confidence and capabilities in Public Speaking, Interpersonal Communications, Leadership, and management. You will hone your Time Management skills, Listening Skills, Impromptu Speaking Skills and Organisational Skills.

**Remember Your coordinator and others who assist you are volunteers having experience in this subject. They do not get any remuneration. Therefore, be respectful to the coordinator, their assistants, and your fellow group mates.**