

## TALK THE TALK FOLLOW UP LESSON 1

### 0.00 – 0.05 Revision of the '5 S Approach' to speaking in front of others

Show the TTT Video from 0.00 to 0.34 then PAUSE

Ask the following questions of the group –

1. What does each 'S' stand for?
2. How does each 'S' help us to become better at public speaking?

#### **STAND WITH CONFIDENCE**

No matter how nervous you feel as a speaker, by standing up in a confident way – with a solid posture, you are showing your audience that you are confident and that they are in safe hands.

#### **STRIDE WITH PURPOSE**

Avoid strolling, swaggering or strutting, if you STRIDE WITH PURPOSE you show your audience that you mean business, and are keen to share your speech with them.

#### **SMILE TO ENGAGE**

Smiling will relax your audience and show that you are only human. One of the keys to a good speech is the engagement of your audience. A simple SMILE will put them at ease and encourage them to listen to you.

#### **SPEAK UP NOW**

If the audience can't hear what you are saying – then there is very little point in saying it. Make sure that you speak LOUDLY and CLEARLY so that EVERYONE can hear every word that you say.

#### **STAY**

Don't be too keen to leave when you have finished your speech. By staying for a moment, you are showing your audience an appreciation and respect for listening to you. If they applaud, you will also need to be gracious and stay for a moment to accept this.

Conclude this section by playing the video from 0.34 to 0.45 then PAUSE to clarify understanding of the 5 'S' Approach.

Play the video again from 0.45 – 1.12 to show a cartoon of how NOT to start a Public Speech.

### 0.05 – 0.15 Revision of VISUAL, VOCAL and VERBAL Part 1

Show the TTT Video from 1.12 to 1.41 then PAUSE

Split the class into working groups, and allow them up to ten minutes to brainstorm answers to the question - 'What makes a good speaker?' in terms of VISUAL, VOCAL and VERBAL communication.

## **0.15 – 0.25 Revision of VISUAL, VOCAL and VERBAL Part 2**

**Ask each group in turn to contribute one element that have discussed.**

**Ask them to define which heading it belongs to (VISUAL, VOCAL or VERBAL)**

**Ask them to explain how their element contributes to a person improving their speaking skills in front of others.**

### **Visual**

#### **Posture**

Standing up straight and tall and not slouching.

#### **Open Gesture**

Avoiding crossed arms and using hand gestures to support their words.

#### **Eye Contact**

Engage your audience by making eye contact. AVOID SCANNING (starting at one side of the room and methodically making eye contact with everyone before repeating) and AVOID STALKING (delivering the entire speech to one person).

#### **Facial Expressions & Smiling**

Use the emotional power of your facial expressions to support the emotion of the topic or words being used.

#### **Movement**

Don't be frightened to move around your space, whilst remaining in view of the audience. Use movement to support your topic and words.

#### **Controlling Fidgeting**

Try to avoid pulling at your clothes, shifting your weight from one foot to the other, rubbing your palms together and so on and so forth.

### **Vocal**

#### **Pitch (high/low)**

Vary the pitch of the voice to keep your audience engaged. You can use PITCH to introduce other characters when telling a story

#### **Pace (fast/slow)**

Vary the pace of your speech. You can slow right down to reinforce your point, and also speed up to power home your words

#### **Tone (tonal light and shade)**

You don't need to be serious all of the time. Try to vary your tone to keep your audience engaged.

## **Pause**

A pause can be useful for several reasons:

- To add emphasis to an important point
- To allow you a moment to think
- To allow your audience to process your words
- To break up the different points of your speech

## **Emphasis**

You can choose which words jump out at your audience by adding emphasis to those words.

## **Avoid a monotone**

Try to avoid delivering your speech in a monotone – it may well send your audience to sleep!

## **Fillers**

These are phrases such as ‘Ummm’, ‘Ahhhhhh’ and ‘Uhhhhh’. Try to avoid these. A well-paced pause can provide thinking time

## **Clarity and projection**

If the audience can't hear what you are saying – then there is very little point in saying it. Make sure that you speak LOUDLY and CLEARLY so that EVERYONE can hear every word that you say.

## **Verbal**

### **K.I.S – Keep It Simple**

The most engaging speeches are those where you talk about what you know, what you care about, and what you have opinions on.

### **Repetition**

The technique can be very effective in enforcing the message of your speech.

### **Structure – A clear beginning, middle and end.**

Know what you want to say, and how you are going to say it. Have clear points that you want to move through.

### **Be yourself**

Don't try to emulate other speakers. Be yourself! And be proud of who you are.

### **Use your enthusiasm and passion**

If you really care about a topic, don't be frightened to show your enthusiasm and passion in your voice and body language.

### **Use Personal Stories**

Personal stories engage with an audience as they show you are only human, and people love to hear about the experiences of other people. Also, they are easy to remember as they happened to you!

**Show the TTT Video from 1.41 – 2.20 to share the points above under the headings of VISUAL, VOCAL and VERBAL. PAUSE the video at the points shown to clarify meanings and discuss any of the elements that were overlooked.**

### **0.25 – 0.35 Speaking In Action**

Show the TTT Video from 2.20 – 10.44 then **PAUSE**

#### **Before the video -**

Ask students to make notes on why they think Barack Obama is an excellent public speaker.

Ask students which elements of VISUAL, VOCAL and VERBAL they spot him using effectively and note them down.

### **0.35 – 0.45 Group Discussion**

#### **What makes Barack Obama an excellent speaker?**

Ask individuals to share with the group what they witnessed Barack Obama doing during the speech that was particularly effective.

Develop this into a group discussion about the speech that they have just seen.

If necessary, refer back to VISUAL, VOCAL and VERBAL to tease thoughts out of them.

### **0.45 – 0.51**

**Show the TTT Video from 10.44 – to conclusion.**

Ask students to note down the particular techniques he uses and how effectively THEY feel he uses them.

### **0.51 – 1.00**

Use these final few minutes for any further discussion about the techniques employed by Barack Obama, and the student's thoughts on how effectively he uses VISUAL, VOCAL and VERBAL techniques.

If time permits, ask students one way that they think they can improve their public speaking using the techniques discussed in the workshop and in this follow up lesson.