

The Science of Public Speaking™

This is a 2-day intensive training programme that will help participants to overcome their fear of public speaking and acquire basic public speaking and presentation skills.

It is based on the ground-breaking *Triple 8 Formula for Public Speaking™* which consists of 24 well-defined techniques in 3 levels (8 techniques per level). The programme will be a balance of theory and practice. Each level will be expounded and this is followed by a practical coaching session where all the participants will have an opportunity to deliver speeches. The active coaching method will be employed to drill the participants so that maximum results can be achieved in the shortest possible time.

It is also possible to conduct a 1-day programme for Level 1 and 2 only.

Schedule

Time	Day 1	Day 2
9.00-10.45 a.m.	Introduction How to Overcome Nervousness Level 1: Overcoming Weaknesses - Toss Your Script - Move Your Hands - Stand Your Ground - Raise Your Voice - Leave Your Speech Crutches - Look at Your Audience - Stop Your Giggles - Mind Your Language	Level 3: Conquering the Subconscious - Master the Transitions - Paint Word Pictures - Own the Stage - Deepen Your Voice - Articulate Your Words - Build Strong Rapport - Drive Audience Emotion - Use Rhetorical Devices
10.45-11.15 a.m.	<i>Break</i>	<i>Break</i>
11.15 a.m.-1.00 p.m.	Coaching for Level 1	Coaching for Level 3
1.00-2.00 p.m.	<i>Lunch</i>	<i>Lunch</i>
2.00-3.30 p.m.	Level 2: Engaging the Audience - Lead with Clear Structure - Show with Your Hands - Move with Purpose - Emphasize with Volume Variation - Excite with Pace Variation - Connect with Your Eyes - Express with Your Face - Impress with Your Vocabulary Coaching for Level 2	Coaching for Level 3
3.30-4.00 p.m.	<i>Break</i>	<i>Break</i>
4.00-5.30 p.m.	Coaching for Level 2 (continued)	Coaching for Level 3 Closing Ceremony