

Women Speaking Up

I attended this workshop finally! For years I'd see it listed in brochures and veered away from it because of the participation required...standing up in front of the class and talking! Scary!

Well I took it, it was intense, it made me stretch outside my comfort level and after taking it, I would like to see all our members take classes similar to this.

In this workshop we learned how to think quickly on our feet, find our voice and communicate to the public. In some instances we were using microphones, being videotaped and then critiqued by our peers!

We were given topics to debate. We would then research and prepare our main points and deliver in front of class.

We were shown different techniques that will attract a listener (body language, pitch in voice, etc).

Basically, there are three main areas to a speech or presentation:

- 1 - Opening (tell them what you are going to tell them)
- 2 – Body (tell them)
- 3 – Conclusion (tell them what you just told them)

In closing, this course gives you the confidence and knowledge to speak in front of the public.

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