



Formula 8 + 8™ Public Speaking Programme

This is a 1-day intensive programme in public speaking meant for large groups.

Course Objective

While the *Dare To Speak™* Public Speaking Programme is a standard course for the beginner in public speaking, with a balance of theory and activity, the *Formula 8 + 8™* Public Speaking Programme is a groundbreaking course that produces even faster results. It distils the most essential points into 16 distinct and very specific skills which can be mastered in 1 day (8 skills at level 1 and 8 skills at level 2). This method is known as the “Formula 8 + 8”. Participants will be taught “what to do” and trained to do it. This programme is suitable when the group size is large and time is limited.

Course Methodology

This programme will be conducted by 1 main trainer and a number of assistant trainers depending on the size of the group. The main trainer will deliver the brief lectures before the participants break into small groups for individual practice; each small group will be handled by 1 trainer. The number of participants per group is limited to 15 to ensure personal attention for each participant. Notes will be provided.

Course Syllabus & Timetable

Time	Activity
9.00-9.30 a.m.	Introduction to Public Speaking
9.30-10.00 a.m.	Lecture on 8 Public Speaking Skills (Level 1) - No Notes - Use Your Hands - Stand Firm - Speak Louder - No Speech Crutches - Look at the Audience - Stop Giggling - Correct Grammar & Pronunciation
10.00-11.00 a.m.	Small Groups: Individual Practice & Personal Coaching (Round 1)
11.00-11.15 a.m.	<i>Tea Break</i>
11.15 a.m.-12.00 p.m.	Lecture on 8 Public Speaking Skills (Level 2) - Organize Your Speech - Variation in Hand Gestures - Purposeful Movement - Vocal Variation: Volume - Vocal Variation: Speed - Eye Contact - Facial Expression - Great Vocabulary

12.00-1.00 p.m.	Small Groups: Individual Practice & Personal Coaching (Round 2)
1.00-2.00 p.m.	<i>Lunch</i>
2.00-3.00 p.m.	Small Groups: Individual Practice & Personal Coaching (Round 3)
3.00-4.00 p.m.	Small Groups: Individual Practice & Personal Coaching (Round 4)
4.00-4.30 p.m.	<i>Tea Break</i>
4.30-5.30 p.m.	Performance by the best speakers from each group (Contest)
5.30-5.45 p.m.	Presentation of Certificates & Prizes
5.45-6.00 p.m.	Closing

Course Requisites

A large training room and a number of smaller training rooms are required.

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