





Say It Like You Mean It

Finding Your Voice In The Crowd
And On The Stage



What is the
story behind
your name?

What was
your first job?

What made
you come to
this session?

Your Facilitator



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Agile Team & Enterprise Coach
Coffee-Enthusiast
Avid-Traveler
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What will we cover today?

01

Debunk some
myths

02

Pick a topic

03

Plan and
practice a
short talk

04

What next





Let's do an experiment!

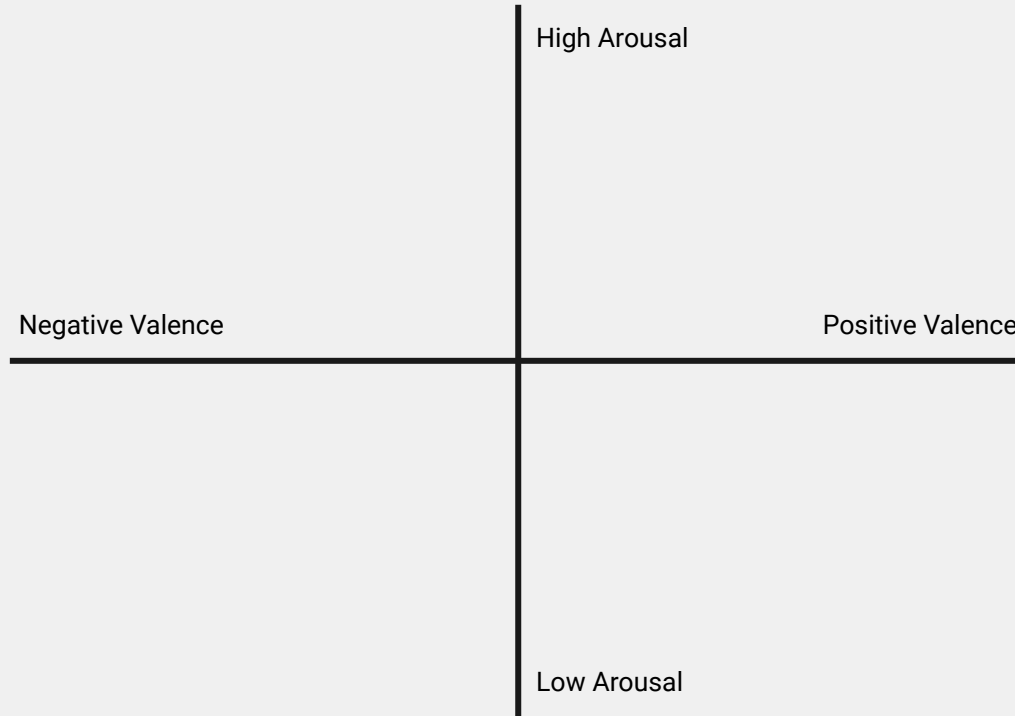
Where in body?

What's happening there?

What would you name that feeling?



Place your sticky on the affinity map



Valence

Level of pleasantness from negative to positive.



Arousal

The intensity (or energy) of the feeling from low to high.



**Myth #1: You shouldn't be
nervous**



Debunk #1: Everyone gets nervous



01

**NERVOUSNESS FEELS
LIKE GIDDY EXCITEMENT
- FOCUS ON WHY YOU'RE
EXCITED TO TALK**



02

**STEP OUT OF YOUR
COMFORT ZONE - YOU'LL
BE SURPRISED AT HOW
BRAVE YOU ARE**



03

**FIND PEERS WHO ARE ALSO
NEW - SHARE YOUR
THOUGHTS AND FEELINGS,
LAUGH AT YOUR MISTAKES**





**Myth #2: You have to be a
perfect 'natural' speaker**



●●●

Debunk #2: Practice makes progress. Progress over Perfection.

01

**PRACTICE. VISUALISE
SUCCESS AND GET
EXCITED**



02

**WATCH RECORDINGS OF
SPEAKERS YOU ENJOY**



03

**ASK FOR AND WELCOME
FEEDBACK**

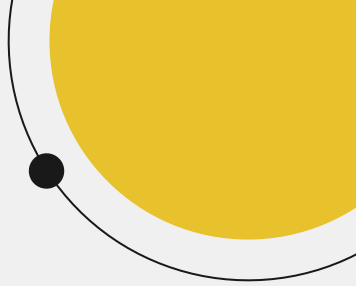




**Myth #3: You have to be
an expert**



Exercise: Speak about your passion



- ●
 - ●
 - ●
 - ●
 - ●
 - ●
 - ●
 - ●
1. Join your group again and pick a person to speak first.
 2. Spend the full 2 mins speaking about something you're really passionate about.
 3. If you're listening, just listen for the full 2 mins.
 4. After 2 mins, take a breather and swop.



**Debunk #3: You may just know more than
someone else**

01

**SHARE IDEAS IN
CONVERSATIONS, GAUGE
INTEREST IN SMALL
DOSES**



02

**THERE ARE ALWAYS
BEGINNERS THAT YOU
CAN TEACH**



03

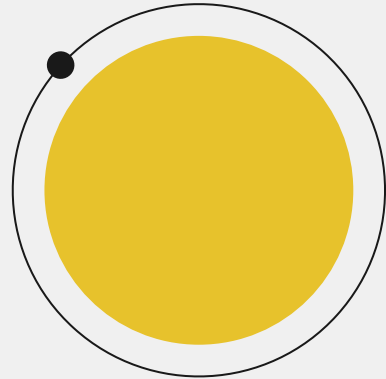
**DON'T SHARE YOUR
EXPERTISE, SHARE WHAT
EXCITES YOU**





**IF IT DOESN'T CHALLENGE YOU,
IT DOESN'T CHANGE YOU.**

- Fred deVito





Let's Practice!



Pick your topic

You are a storyteller

What do you
care about?

What have you
done in the
past?

What do you
want to learn
about more?

Speak to friends,
colleagues or people
in the community



Prepare a short 5-minute talk.



01

**CHOOSE YOUR TOPIC AND
IDENTIFY THE ONE
IMPORTANT POINT YOU
WOULD LIKE TO LAND**



02

**SPEND 7-MINUTES TO
PLAN YOUR TALK**



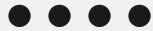
03

**REFER TO THE HANDOUT
TEMPLATE - WE'LL KEEP
A TIMER ON SCREEN TO
HELP COUNTDOWN**



How do we prep for a talk?

How do we give feedback?



Canvas for Putting Together a Talk

A great talk tells a great story. There's a beginning, a middle, and an end. We've found the Speaker canvas incredibly helpful in helping us put together public talks.

ON CANVAS	AUDIENCE Who is the intended audience for your presentation?	AUDIENCE TAKEAWAYS What are the key takeaways for your audience? For example, how will your presentation impact your audience's job, career, or life?
	<p>Could I help ahead an audience member if I, and how can they use it?</p> <p>you need to read into</p>	
TAR	What's the point of the presentation - what's the end game?	
HANGE	ACT 3 - RESOLVE/SOLUTION How are the things from the "act" resolved? What big questions remain? What should the audience do next?	

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Template for Providing Feedback

When giving feedback to someone else, it's most effective to share your experience of how you interpreted their actions, speech or message. As a speaker, hearing how our audience experiences our talk allows us to be more deliberate about what 'advice' to consider bringing into our changes.

Look for positive outcomes:

Highlight the positives and the value you received from the talk, rather than on what was wrong with it or specifics they need to improve on, i.e. saying "um" a lot or reading a lot.

Replay your instinctive reactions:

Talk about what was going on for you when listening to the talk. What feelings did it elicit, or what thoughts came into your mind? Doing this will give the speaker greater insight into whether their talk had the intended outcomes for you as an audience member.

Some examples:

Instead of:	Try:
Can I give you some feedback?	Here's my reaction



Prepare a short 5-minute talk.



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Exercise: Practice in your groups



Form groups of no more than 3 people. Each person will get **5 minutes** to practice their talk out loud.

1. One person starts, the other(s) keep time and listen.
2. Listeners take notes to share as feedback.
3. When the timebox expires, do a hard cutoff - see it as direct feedback rather than an interruption.
4. Spend 2-3 minutes on sharing feedback then swap to the next speaker and repeat.





**What questions do you
have?**



Finding your voice!



- Everyone gets nervous. Find the excitement.
- Practice makes progress. Progress over perfection.
- Everyone is a beginner at something. Share your passions.
- Take small, purposeful steps to find your voice.
- Practice. Practice. Practice!





- What will you do next?
- What AHA moment did you have?
- How can you use what you have learnt today at work?



Thanks!

Do you have any questions?

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