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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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?
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
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 swop 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?