Introduction to Public Speaking

Medway Adult Education

R261072T

Does giving a speech at a big event such as a wedding or conference fill you with dread? Do you need to speak publicly for work or study, and would like to become more confident? This one day course could be exactly what you need. It is designed to assist you in engaging your audience, use strategies to address your nerves and develop skills in verbal and non -verbal communication to captivate and influence your audience.

You will need to complete this course prior to enrolling onto 'Increase Your Confidence - Public Speaking'.

Please note: To enrol on this course you will need to phone 01634 338400 to book an initial assessment.

Start Date:	06 March 2027
Start Time:	10:00
Lessons:	1
Weeks:	1
Hours:	5.00

Venue

Rochester Adult Education Centre
Rochester Community Hub
Eastgate
ME1 1EW

What will I learn on this course?

By the end of the course you should be able to:
- Identify the correct usage of the voice, demonstrating the importance of correct breathing from the diaphragm.
- Apply body language to project a positive image,
- Build a rapport with an audience.

Learners will:
Develop the skills necessary for the effective oral communication of the written word.

Is this course suitable for me?

This course is suitable for anyone who would like to be more confident when speaking in public.

Is there anything I need to know about the course?

Please bring a pen and paper to take notes. Handouts will be provided.

What could I go on to do after this course?

You may wish to progress onto our Increase Your Confidence - Public Speaking course, where you will be able to put the strategies that you have learned into practice.

If you wish to explore your learning, work or career options, you can speak to a fully trained careers advisor on 0800 100 900. https://nationalcareersservice.direct.gov.uk

If you need further advice please telephone 01634 338400.

You can also book an initial assessment with our Information, advise and guidance team

How are digital skills used and enhanced on this course

The tutor will speak to you about useful websites, apps and online resources which you may be asked to use for homework.

Attendance Policy

In order to get the most out of your course you will need to attend as many sessions as possible. We recommend at least 90%. If you do have a holiday booked during term time please let the tutor know in advance so that we can help you catch up on missed sessions and ensure that you still achieve the course outcomes. If you are unavoidably ill or unable to attend, please contact 01634 338400 so that we can let your tutor know, and so they can send you any work you may have missed

Health and Safety

We try to make sure your class is as safe as possible. If you are worried about anything, please talk to your tutor or our Safeguarding Officer.