# Improve your Confidence - Public Speakin

Medway Adult Education

**R261077T**

Would you like to put the strategies that you have learned about public speaking into action? This one-day course enables you to practise your public speaking in a context of your personal choice.

You will be able to employ your vocal and physical tools with presence and impact whilst controlling your stage fright, speaking from the diaphragm, and building a deeper rapport with your audience whether that be an individual across a table or a room of 300 people.

You will need to complete the 'Introduction to Public Speaking' course prior to enrolling onto this course.

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

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| Start Date: | 20 March 2027 |
| Start Time: | 10:00 |
| Lessons: | 1 |
| Weeks: | 1 |
| Hours: | 5.50 |

**Venue**

Rochester Adult Education Centre
Rochester Community Hub
Eastgate
ME1 1EW

## What will I learn on this course?

On this course, we take time to build a tool kit of skills such as body language and posture, to breathing techniques, to building resonance and gravitas in your tone. Practical exercises will give a greater understanding of articulation, clarity, pitch, pause and pace. After working on using the voice to bring text to life, you will receive tailored feedback within the session and tips and tricks to practise in your own time or before a big presentation.

## Is this course suitable for me?

The course is suitable for anyone who has experience in Public Speaking and would like to build on their skills, gain more experience, build the confidence to actually present ideas and maintain a relationship with their audience. Please bring a pen and paper to take notes. Handouts will be provided.

## What could I go on to do after this course?

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.

## 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.