

Communication is a process of sending and receiving information among people. It is the foundation to the spread of knowledge and information; and the formation and development of human relationships.

Communicating helps you to express your ideas and feelings, and, at the same time, it helps another to understand your thoughts and emotions.

However, without EFFECTIVE communication, ideas, feelings, knowledge, information that are intended to be shared cannot be properly communicated; and the lack of effective communication is greatly due to the underlying issue of **confidence**.

Start feeling **confident** and a **clear** perspective on your ideas, thoughts, feelings, knowledge and information will be effectively communicated to your audience.

"One important key to success is self-confidence. An important key to self-confidence is preparation"

- Arthur Ashe

WHO is this workshop for?

This workshop is for anyone, applicable to both youths and adults wanting to be an effective communicator.

- Take this workshop, **ONLY** if, you want to **IMPROVE** your **confidence** and own a functional, effective, & fruitful relationship with public speaking.
- DO NOT take this workshop if you have no interest in overcoming your fears to become your better self.

WHAT is this workshop about?

You will learn to be able to:

- Speak with confidence
- Deliver impromptu speeches confidently and effectively
- Prepare and deliver speeches confidently and effectively
- Give positive and constructive **feedback** to others for improvement
- Achieve a high level of interpersonal relations skills
- Use **nonverbal** languages to make your speech more interesting and effective

Benefits:

- Be confident when speaking in public
- Ability to capture the attention of your audience
- Ability to provide effective **feedback**
- Perhaps even discover your hidden talent in speaking

Learning Objectives:

- Learn techniques to apply to a variety of speaking situations
- Acquire tools for writing, organising and delivering short speeches
- Uncover your strengths and weaknesses as an effective speaker