



The Confidence Booster

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INTRODUCTION

The Confidence Booster program is designed to boost confidence of individuals who fear to speak when put-under the spotlight.

Words are sharper than the sword. They can convince, they can manipulate, or they can let you conquer.

There are number of times when we want to speak, we've lots of ideas to be shared, but when given the platform to share, or to speak, we fail to convey our thoughts. The potential reasons could be- stage fear, persistent phobia, lack of confidence or preparedness, etc.,

It is cliched that you're born with confidence (fortunately you could be one), also confidence is a skill set that can acquired and enhanced.

The Confidence Booster program is an attempt to focus 360 degree on building confidence while speaking.

MOTIVATION

I vividly remember my eighth-standard elocution competition where-in I was well prepared to give my speech. As per my mother's advice I'd rehearsed it in-front of the mirror, a couple of times.

The clock turned 10:30AM and there my name was called as the first participant, I went on the stage and uttered my first sentence "Honorable judges, dignitaries on and off the dias, and my dear friends.. Good morning!" by then I was already overwhelmed with the stage and was absorbed with fear. And the very next moment, I went blank! Vacant to an extent that I forgot my name as well. It was hard, I stepped down the stage and never in my school-time I ever dared to go on stage again.

Meanwhile I have always loved writing, I loved watching people speak.

Ages later when I started working for Thomson Reuters, it all came back when I was introduced to the professional public speaking community called Thomson Reuters Toastmasters Club (TRTMC). I fell in love with the aura of TRTMC.

Immediately after attending one session, I got my self registered as a member. During my first speech, I was nervous again, but this time I was taught by my mentor how to handle my nervousness on the stage, which made me won the International Ice Breaker Speech contest, and after that I never looked back!

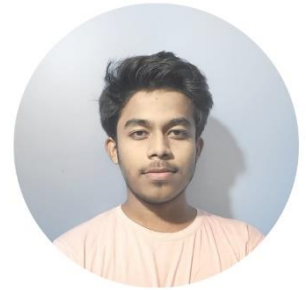
I am definitely not a pro at public speaking, but I have learned a lot during the process, and I wish to sprinkle my knowledge by further extending my ideas as a part of Lend a ear project. I am highly interested to execute this project as a pivot, so that I can take this Confidence Booster Programme ahead and help kids suffering from stage fear, confidence, and public speaking.

ABOUT THE PERSON

Rehan, is an introvert, a tech-geek filled with ideas. He's currently in his first semester of Engineering where his area of specialization is Computer Science. He wishes to serve humanity by creating applications which would allow volunteers to connect to nearest NGO's (Non-Governmental Organizations), also wishes to have his own YouTube Channel.

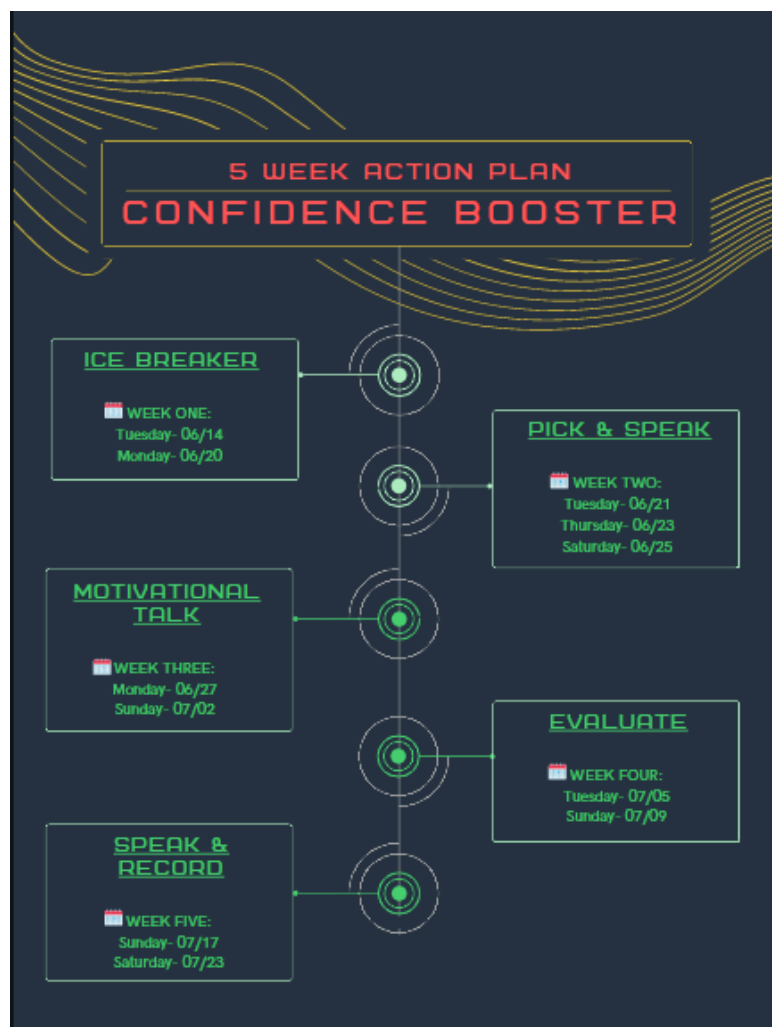
Lack of confidence and the fear to speak in public, has been his area of concern. He gets nervous and fumbles while speaking publicly.

During this project, I will be his mentor and would help him to overcome his fear of public speaking and therefore boost his confidence.



REHAN. A.K.

5 WEEK ACTION PLAN



➤ ICE BREAKER

During the first week candidate is expected to prepare an Ice Breaker Speech which would be of 5-7 minutes duration and the content of the speech would be about introducing himself.

It is preferred to speak about personal story's during initial stage, because even if you forget the actual content, you still have something to speak. Throughout I will guide him with structure and strategies that needs to be followed while writing the speech.

➤ PICK & SPEAK

During the second week we would focus on how to speak on your feet instantly when a topic is given. For this, we would meet thrice the week and every-time we meet, the candidate needs to speak for 2 minutes on the given topic. This can greatly be improvised with practice.

➤ MOTIVATIONAL TALK

During the third week the candidate is expected to pick any of the great personality and explain what makes that personality great, and how is he motivated. This session could be a great confidence booster and the motivating factor, because when we see others doing great things, we get a confidence that even we can make a difference.

➤ EVALUATE / FEEDBACK

During the fourth week, we will focus on versatility. It is said that to be a better speaker, we need to be a listener. Therefore, in the evaluation week, during the first session, I will play a video and I will first evaluate the speech and give the feedback of the speech(Duration: 2 minutes) alongside I will mentor him with the strategies that could be followed while giving feedback. And during the second session, I will give a speech and would ask the candidate to give the verbal feedback for my speech. With this, listening capabilities will be improvised.

➤ SPEAK & RECORD

Un until the fourth week, it is all going to be 1-1 sessions on Teams (or Zoom). While during the final week, the candidate will go out and explore a place (or something of his choice) and make a 5-8 minute video. The video's that we watch make look impromptu, but there goes a lot of time and hard work to prepare them. I will assist him with the content, ideas and strategies during his journey. This will boost his confidence while speaking publicly.