

This fun and challenging class will focus on overcoming fears, polishing skills, and making public speaking presentations pop. By the end of this course, you will feel more at ease speaking in front of any audience.

DAY 1: Introductions & Stillness

- Introductions class and teacher
- Walkthrough of syllabus
- Expectations of class, weekly homework
- Questions
- "The 10 Min" Exercise

Assign Homework: Improve your "10 Min" Exercise. Write a short paragraph answering the following questions: "How do I perceive myself?" How do others perceive me?" "How do I want to be perceived?" to be read to the class.

DAY 2: Perception

- Share Perception HW
- "The 1 Min" Exercise
- The Question Exercise
- The Lion, Monkey, Horse, Cow & Sheep
- Class teaches the Exercises in pairs

Assign Homework: Teaching 1 of the days Exercises to a group of 2 or more people at least 3 times before next class. Note physical state.

DAY 3: Physical State & Dealing with Stress

- Share Physical State HW
- 15 Min Guided Meditation: Breathing Basics, Diaphragm, Breath Control
- Too Much Air vs. Not Enough: Pledge of Allegiance
- "What the *Hell* do I do with my hands?" Copycat Exercise
- Fears of Public Speaking List exercise
- 1st round of tips for Fears List: Breath
- Entrances and Exits Exercise

Assign Homework: Prepare a speech.

DAY 4: Storytelling

- Share speech individually: edited, shaped
- Power of Anecdotes, Jokes, Recovery
- Good Taste vs. Bad Taste. Garrison Keillor exercise.
- "One Word Story" Improv Exercise
- Good Storytelling: The basics of a story's shape
- Pace
- Entrance & Exit Exercise

Assign Homework: Watch 3 TED talks

DAY 5: TED Talks & The Power of Questions

- Share HW experience
- The Power of Questions
- Presentation Tips
- Silence is Golden Exercise
- Snapple Tops! And other New Ideas to Share
- Watch TED Talk: Amy Cuddy "Power of Body Language"

Assign Homework: Find 10 Shareable Ideas. ex: When you blush the lining of your stomach also turns red.

DAY 6: Disaster, Fear & Failure

- Share 10 shareable ideas individually
- Recovery & Contingency Plans
- 2nd round of Fears List: Making a contingency plan for every fear
- Backup Goals
- Biggest Fear: Improv Exercise
- Dark room, Loud voice Exercise
- "This is my voice" mantra

Assign Homework: write 3 goals for your week. Write 3 backup goals.

DAY 7: Props, Technology & Other Obstacles

- Share HW individually
- Slide Exercise
- Photo Exercise
- Product Exercise
- Cue Cards, Ear Prompt, note cards, teleprompt
- Technical Difficulties

Assign Homework: Write a speech for a political rally. Choose any current political candidate whose policies you don't agree with. Prepare a Goal, Backup Goal and a contingency plan. Also pick one obstacle to work with for final presentation and prepare any tools needed. (ex: prepare a powerpoint presentation if you would like to utilize visuals for your speech)

DAY 8: Honesty & Eyes

- Warm ups with Favorite Exercises of Classes' choosing.
- Share HW individually (final presentation)
- Truth or Lie Exercise
- Honesty Tips
- Reading a Room
- Discovery Exercise
- The Power of Eye Contact
- Student Questionnaire and Class review