

Public Speaking

Speak with confidence. Communicate clearly. Make an impact.

The ability to communicate ideas clearly, speak confidently before others, and engage an audience is valuable in education, the workplace, leadership, and everyday life.

SkillBridge Academy's Public Speaking programme helps you develop these abilities through practical exercises, guided speaking activities, presentations, constructive feedback, and real-world communication challenges.

Over four weeks, you'll learn how to organise your thoughts, structure effective speeches, use your voice and body language purposefully, engage an audience, present convincing arguments, and respond to questions with greater confidence. You'll apply these skills through individual speeches, impromptu speaking challenges, storytelling, debates, and a final presentation.

Is this course for you?

Whether you're a professional looking to communicate more effectively, secondary school student preparing for classroom presentations, a university student participating in academic discussions, a graduate preparing for interviews, or a secondary school, this programme is designed to help you express yourself with greater clarity and confidence.

You don't need previous public-speaking experience to begin. The programme welcomes beginners and participants with some experience who want to strengthen their speaking abilities. You'll learn progressively, practise in a supportive environment, and receive feedback to help you improve.

What you'll learn

By the end of the programme, you'll have practical experience in how to:

- **Build confidence when speaking:** Understand common speaking fears and practise techniques to manage nervousness and prepare effectively.
- **Organise your ideas:** Structure speeches with clear openings, logically developed points, supporting examples, and effective conclusions.
- **Use your voice and body language:** Improve voice projection, articulation, pace, pauses, eye contact, posture, facial expressions, and gestures.



- **Think on your feet:** Organise spontaneous responses, speak on unfamiliar topics, and answer unexpected questions with greater composure.
- **Tell stories that connect:** Use relevant experiences, examples, and storytelling techniques to make messages more engaging and memorable.
- **Speak persuasively:** Develop convincing arguments, support ideas with evidence, respond to opposing viewpoints, and participate in structured debates.
- **Engage different audiences:** Adapt your language, tone, examples, and delivery to suit different people, purposes, and settings.
- **Present ideas professionally:** Communicate proposals, explain projects, introduce yourself confidently, and deliver effective academic and professional presentations.
- **Improve through feedback:** Evaluate your speaking performance, identify areas for development, and build a plan for continued improvement.

Your 4-week learning journey

Duration: 4 weeks

Schedule: 2 sessions per week

Session length: 2 hours

Total guided learning: 16 hours across 8 sessions

MODULE : Public Speaking Foundations

Week 1: Understanding Public Speaking and Building Confidence

Session 1: Understanding Public Speaking and Building Confidence

- Understanding public speaking and its importance in academic, professional, and everyday settings.
- Exploring informative, persuasive, entertaining, and ceremonial speeches.
- Identifying common speaking barriers, including nervousness and fear of judgement.
- Understanding the relationship between preparation, practice, confidence, and feedback.
- Delivering a short introductory speech and identifying personal learning goals.

Session 2: Organising Ideas and Structuring a Speech

- Identifying the purpose, audience, and intended outcome of a speech.



- Developing a clear central message.
- Structuring introductions, main points, and conclusions.
- Supporting ideas with explanations, examples, and relevant evidence.
- Using transitions to connect ideas and improve flow.
- Preparing speaking notes and applying simple frameworks such as PREP: Point, Reason, Example, Point.
- Delivering a short, structured speech.

MODULE 2: Delivery and Spontaneous Speaking

Week 2: Voice, Body Language and Stage Presence

Session 3: Voice, Body Language and Stage Presence

- Improving voice projection, articulation, and clarity.
- Controlling pace, pitch, tone, rhythm, and purposeful pauses.
- Using breathing techniques to manage vocal tension.
- Applying eye contact, posture, facial expressions, and gestures.
- Using movement and speaking space effectively.
- Recognising distracting mannerisms and improving delivery while retaining your natural speaking style.

Session 4: Thinking on Your Feet and Impromptu Speaking

- Understanding impromptu speaking and its practical applications.
- Learning to pause, organise thoughts, and respond clearly under pressure.
- Applying simple speaking frameworks to unexpected questions and topics.
- Staying relevant, concise, and focused when responding.
- Distinguishing facts, opinions, assumptions, and information that requires verification.
- Participating in timed speaking challenges and question-and-answer exercises.



MODULE 3: Engagement and Persuasion**Week 3: Storytelling, Audience Engagement and Memorable Speaking****Session 5: Storytelling, Audience Engagement and Memorable Speaking**

- Understanding audience needs, interests, expectations, and prior knowledge.
- Using storytelling to communicate ideas and illustrate lessons.
- Structuring stories around a situation, challenge, response, and takeaway.
- Using examples, comparisons, and relevant details to strengthen a message.
- Asking questions and encouraging audience participation.
- Adapting a message to different audiences and speaking situations.
- Delivering a short talk using storytelling or an audience-engagement technique.

Session 6: Persuasive Speaking, Debate and Handling Questions

- Understanding the principles and structure of persuasive speaking.
- Developing clear claims supported by reasoning, examples, and evidence.
- Exploring ethos, pathos, and logos: credibility, emotional connection, and logic.
- Recognising unsupported claims and weak reasoning.
- Anticipating counterarguments and responding respectfully to disagreement.
- Listening carefully and answering challenging questions directly.
- Participating in short persuasive speeches and structured debates.

MODULE 4: Professional Application and Final Speech**Week 4: Presentations and Real-World Speaking****Session 7: Effective Presentations and Speaking in Academic and Professional Settings**

- Understanding the similarities and differences between speeches and presentations.
- Structuring academic presentations and explaining ideas clearly.
- Presenting proposals, projects, and practical solutions.
- Introducing yourself confidently in professional and networking situations.



- Contributing effectively to meetings and group discussions.
- Using visual aids to support a message without becoming dependent on slides.
- Managing presentation time and preparing for audience questions.
- Adapting tone, language, and detail to suit different audiences.
- Practising a concise professional presentation.

Session 8: Final Speeches, Evaluation and Personal Development

- Reviewing speech structure, audience awareness, vocal delivery, and body language.
- Preparing and delivering a final speech or presentation of three to five minutes.
- Applying storytelling, persuasion, and audience-engagement techniques where appropriate.
- Receiving and providing constructive feedback.
- Comparing initial and final speaking performances to reflect on progress.
- Identifying strengths and priorities for further improvement.
- Developing a personal 30-day plan for continued public-speaking practice.

More than lessons. Practical speaking experience.

Throughout the programme, you'll actively practise the skills you learn rather than relying on theory alone.

You'll participate in short speeches, timed speaking challenges, storytelling exercises, debates, presentations, and question-and-answer activities. You'll also receive feedback from the facilitator and fellow participants, helping you recognise your strengths and identify specific areas to improve.

The programme concludes with a prepared final speech or presentation, giving you an opportunity to demonstrate the skills you've developed throughout the four weeks.

The goal is to help you become a clearer, more confident, and more effective communicator while retaining your own voice and personality.

How you'll be assessed

Your progress will be evaluated through practical speaking activities, ongoing feedback, and a final presentation.



Assessment focuses on the following areas:

- **Structure and organisation:** Clear openings, logical development of ideas, and effective conclusions.
- **Clarity of message:** Focused, understandable, and relevant communication.
- **Vocal delivery:** Appropriate volume, articulation, pace, tone, and use of pauses.
- **Nonverbal communication:** Purposeful eye contact, posture, facial expressions, and gestures.
- **Audience engagement:** Effective use of examples, storytelling, and audience-centred techniques.
- **Response to questions:** Relevant, clear, and composed responses that demonstrate thoughtful listening.

You'll complete an initial speaking activity, receive feedback throughout the programme, and deliver a final speech or presentation to demonstrate your progress.

What to expect

- Four weeks of structured learning.
- Eight guided sessions totalling 16 hours.
- Practical speaking exercises and individual speeches.
- Impromptu speaking challenges and question-and-answer practice.
- Storytelling, persuasive speaking, and debate activities.
- Presentation practice and constructive feedback.
- A final three-to-five-minute speech or presentation.
- A personal plan for continued development.

Build the confidence to make yourself heard.

Whether you're preparing for academic presentations, job interviews, professional meetings, leadership opportunities, or everyday conversations, effective public speaking can help you express your ideas and connect with others.

Take the next step towards communicating with greater confidence, presenting your ideas clearly, and making a lasting impression.



SkillBridge: Building confident communicators for academic, professional, and everyday success.

