



Speak Up!

Lesson 1 - Introduction

Objective: to help develop confidence and skills in public speaking

Materials needed: white board, markers, timer or stopwatch

Lesson plan:

1. Greet students

2. Introduce yourself - talk about your interests, passions, how you started to enjoy public speaking, any public speaking experience you have.

3. Explain importance of public speaking skills in various aspects of everyday life.

You can mention examples such as:

- answering the questions during lessons
- giving presentations
- debating competitions
- interviewing for an internship
- applying for a summer job
- some social interactions

Share your example and ask the group to share their examples.

4. Discuss common challenges and fears.

- forgetting the content
- feeling insecure or nervous
- making audience bored
- not being heard understood

Share your example and ask participants to share their fears.



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Lesson plan:

4. Write down the examples of each person to ensure that during the program they are addressed.

(cont'd) Assure the group that it is natural for everyone to feel fear and stress - you can share your experiences, including information what or who helped you to manage your fears.

5. Icebreaker activity:

It can be something like 2 truths & 1 lie - you would encourage everyone to tell 2 truths and 1 lie and the group needs to guess which one is a lie.

6. Explain the basics of public speaking

The key rules of effective public speaking:

- Clarity - to be heard and understood.
- Organization - to be understood. Come prepared, rehearsed.
- Confidence - impact on perception

Engaging the audience:

- Eye contact with each person in the audience
- Voice modulation
- Body language

7. Public speaking role models - discuss the people you know personally or from social media who you believe are excellent public speakers. It can be politicians, influencers, youtubers, or anyone!



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Lesson plan:

7. Examples of famous public speakers to talk about:

(cont'd) John F. Kennedy

JFK underwent a transformation from a shy, awkward speaker into an orator who captivated the world with his “magnetic leadership and inspirational rhetoric.”

Martin Luther King

Martin Luther King Jr’s speeches are known for their strong musicality and vivid imagery. One of his most famous lines is “to not be judged on the color of their skin, but by the content of their character.” MLK drew on inspiration from Shakespeare, the bible, his own past speeches, and several civil rights thinkers to write his “I Have a Dream” speech.

Winston Churchill

He delivered his famous speech “Our Finest Hour” to a country bracing itself for full-scale attack on June 14, 1940. In 1953, Churchill was awarded the Nobel Prize in Literature, partly for his speeches, which he wrote himself.

Margret Thatcher

A skilled public speaker who was the first female prime minister of the United Kingdom. While her speeches are less known than other prime ministers’, her assertiveness is clear.