

Public Speech - Stress free Art (Malaga, Spain)

<http://staffmobility.eu/staffweek/public-speech-stress-free-art-malaga>

<https://pulseofmind.eu/special-public-speech-make-your-art-in-malaga-spain>

"Pulse of Mind" Erasmus staff training team happily invites you to experience the month of February differently – join us in the sunny and lovely city of Malaga in Spain by participating at the Erasmus staff training week " Public Speech - Stress free Art".

This course is an introduction to speech communication which emphasizes the practical skills of public speaking. It allows you to understand and explain the communication process, includes techniques to lessen speaker anxiety, and the use of visual aids to enhance the speech by adding solid visual presentations. The course will teach you how to outline speeches in a logical and thorough fashion, respect time and deal with "brain freezes". During the course you will also find out how to analyze your audience and design speeches to reflect the analysis. You will learn to listen effectively regardless of your interest in the subject matter. Lastly, through practical exercises we will concentrate on body language as well as on the process of controlling pre-speech stress and boost your confidence.

MAIN SKILLS

Speaking in front of crowd

Stress control

Presentations

Time respect and improvization

Preliminary program in short

Monday - Participants arrival, Networking activities and introduction into the course, Cultural activities in the city.

Tuesday - Understanding the importance of public speech. First practices, "how to get in sync with the audience?"

Wednesday - Main principles of presentations, what is a good slide and what is a definite no no.

Thursday - Speech techniques, art of group presentations, how to improvise successfully when things are not going to plan?

Friday - Course wrap-up and final evaluation, Validation of learning outcomes and certification ceremony, Participants departure