

**Warsztaty dla lektorów języków obcych
Jagiellońskiego Centrum Językowego**

PUBLIC SPEAKING: TRAIN-THE-TRAINERS

January 30 & 31, 2018

In its most basic form, public speaking is a set of skills that can be developed and built upon. On a deeper level, public speaking is an art-individual, subject to context, open to interpretation, easy to theorize and harder to execute. It can also be unpredictable (and terrifying): contexts can change, audiences can be fickle, technology can break down at the last minute-but one factor always stays the same: you. In this workshop, you'll learn to improve your public speaking skills by identifying your strengths and weaknesses, and focusing on content and authenticity rather than fears and formulas. In turn, you'll be able to help your students to do the same. Elements of the workshop include:

- identifying strengths and limitations: working with your dominant communication style (and learning to accommodate other communication styles)
- the medium is the message: on authenticity, confidence and body language
- tailoring your message: empathy, audience profiling, and the power of ideas
- editing your message: defining your purpose + is less really more?
- speech preparation: mind mapping + handling timing
- spontaneity vs. over-preparation-which is better?
- public speaking 101: myths, magic formulas, the basics and why all of it doesn't (really) matter
- NVC perspective: facing fears and failure
- two ways to learn: practice and best practices
- giving and receiving feedback (practice + working in iterations)

Time: 9:00am-11:00am (Group A)

11:30am-1:30pm (Group B)

Trainer: Emilia Meres, Communications Specialist

Emilia is a graduate of Communications Studies (2013) and Psychology (2010) at Carleton University in Ottawa, Canada. For several years, she has been designing courses and workshops on public speaking and communication skills for corporate and university clients. She is also an active event organizer as well as a culture writer and editor. She has coached and prepared a multitude of speakers for various events and conferences, including TEDxKrakow.