



Speaker Series Protocol

SPEAKER SERIES PROTOCOL OVERVIEW

GOALS

- To provide an opportunity to build public speaking skills
- To provide an opportunity to formulate and develop personal mental health journey story
- To increase feelings of confidence and empowerment
- To provide an opportunity for individuals with lived experience of mental illness to participate in upstream change

SPEAKER SERIES SESSION OVERVIEW

Session 1: Public Speaking for Mental Health

- Learn the purpose of public speaking for mental health—why is it important?
- Listen to a Peer Speaker and what it means to them to speak out
- Learn and practice the components of a speech

Session 2: Developing Your Story

- Learn how to create a short, but powerful 3-5 minute speech
- Develop confidence, working with a partner

Session 3: Telling Your Story

- Learn how to give and receive constructive feedback
- Increase confidence speaking in front of a group

Session 4: Connecting with your Audience

- Learn how to use body language and other non-verbal cues to enhance your message
- Practice using effective body language to deliver your speech

Session 5: Spreading the Word

- Learn techniques to reduce stage-fright
- Practice delivering your speech to the group before going public

Suggested Citation

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SESSION #1

PUBLIC SPEAKING FOR MENTAL HEALTH

<p>ABOUT THIS SESSION</p> <p>TIME: 2 HOURS</p> <p>Location:</p> <p>OBJECTIVES: by the end of this session, participants will:</p> <ul style="list-style-type: none"> • Know the purpose of public speaking and why it is important • Identify and utilize components of a speech 	<p>PLAN:</p> <p>1. Introduction, Guidelines & Orientation</p> <ul style="list-style-type: none"> • Welcome and introduce group • Expectations • Handouts
<p>TRAINING METHOD: TELL-SHOW-DO</p>	<p>CURRICULUM:</p> <p>2. Core of the Class</p> <ul style="list-style-type: none"> • Purpose of public speaking for mental health- why is it important? • **Consider having a guest speaker – potentially a participant from past speaker series programs – to speak to the group about why they decided to share their story • Components of a speech (introduction, body, and conclusion)
<p>Materials:</p> <ul style="list-style-type: none"> • Handouts • White board for brainstorming • Dry erase markers and eraser • Timer • Paper and pens <p>Preparation/Setup:</p> <ul style="list-style-type: none"> • Snacks and drinks • Handouts • Tables set up in meeting room in a large rectangle with chairs seating around three sides facing the facing facilitator • Supplies for activity 	<p>ACTIVITY:</p> <p>3. Table Topics</p> <ul style="list-style-type: none"> • Arrange chairs so that everyone is seated around one large table facing each other • Give instructions: Write a list of potential themes on the board (i.e the rain, pets, favourite season). Participants will have 5 minutes to think of a topic and prepare a 1-minute long speech. After we will go around the table and give our 1-minute speeches • Pass around a hat with folded up 'topics' • Set a timer to 5 minutes for preparation • Ask who would like to go first and go around the table • Before each person speaks, set the timer to 1 minute • Wrap up activity, thank participants
	<p>WRAP UP:</p> <ul style="list-style-type: none"> • Address questions/comments/concerns/ suggestions for topics to cover in future sessions • Give homework- "Developing your Story" handout • Remind about next session

SPEAKER SERIES COMPONENTS OF A SPEECH (SESSION #1)

THE INTRODUCTION

Capture the audience's attention

- Establish context: explain why your topic is important
- Get to the point: what is the main message? What do you want to say? How are you going to say it?

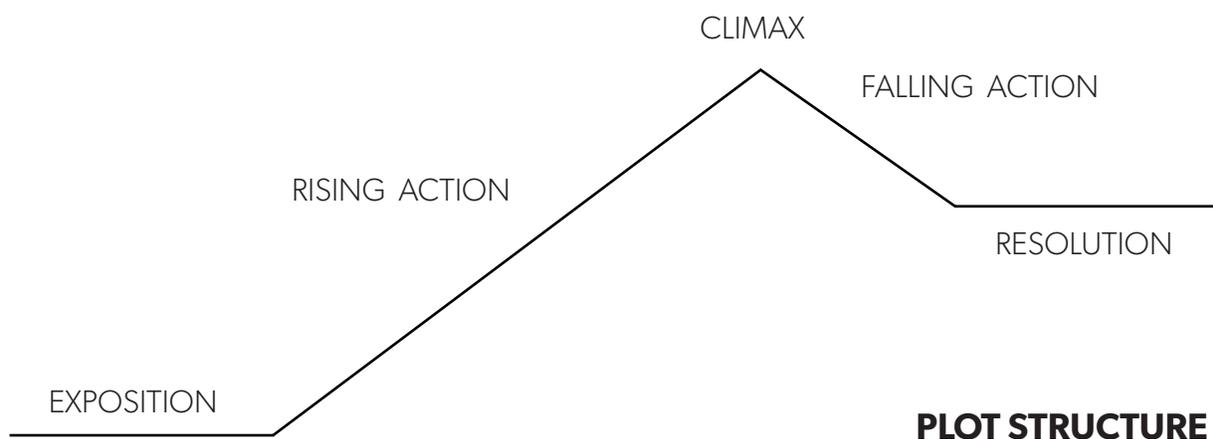
THE MAIN BODY

- Divide your idea into separate points that explain or support your theme
- Use **examples from your life**, or statistics, facts, or humor if you like
- Repeat your main points often

THE ENDING

- Go back to your beginning and summarize your main idea by referring to the points brought up in the main body
- End on a memorable note

SIMILAR TO A STORY...



SOME TIPS

BE PREPARED. Your audience is giving you their time and consideration, so rehearse enough to be confident you'll leave a good impression.

START STRONG. Begin your speech with a powerful opening that will grab your audience's attention, such as a startling fact or statistic, an interesting story or a funny joke.

BE CONVERSATIONAL. Avoid reading your speech word for word. Instead, refer to notes or points from an outline to help your speech have a more free-flowing, conversational tone.

SPEAK WITH PASSION. If you're truly invested in what you're saying, you'll be better able to keep your audience's attention.

BE PATIENT. It's easy to get frustrated if you make a mistake. But remember that public speaking is not easy and it takes time to hone your skills. Keep practicing and you will reach your goals.

SPEAKER SERIES DEVELOPING YOUR STORY (SESSION #1)

Start thinking about what you want to include in your speech. Remember, stick to what you know—your experiences.

- Try to be specific and clear
- Think about the purpose of public speaking
- Remember your audience

MY EXPERIENCE OF MENTAL HEALTH IS...

MY MENTAL HEALTH IMPACTS ME IN THE FOLLOWING WAYS....

**WHAT HELPS? WHAT DOESN'T HELP?
MY EXPERIENCE OF FEELING INCLUDED IN THE COMMUNITY IS....**

WHAT DOES BEING INVOLVED IN THE IMAGINING INCLUSION PROJECT MEAN TO YOU?

WHAT DO YOU WANT THE PUBLIC TO KNOW ABOUT MENTAL HEALTH?

SESSION #2

DEVELOPING YOUR STORY

ABOUT THIS SESSION

TIME: 2 HOURS

Location:

OBJECTIVES: by the end of this session, participants will:

- Identify components of a speech
- Give appropriate feedback
- Begin structuring and focus on the key message of their speech

**TRAINING METHOD:
TELL-SHOW-DO**

Materials:

- Handouts
- White board for brainstorming
- Dry erase markers and eraser
- Timer
- Paper and pens
- Projector and laptop

Preparation/Setup:

- Snacks and drinks
- Set up projector and load video on laptop
- Handouts
- Tables set up in meeting room in a large rectangle with chairs seating around three sides facing the facing facilitator
- Supplies for activity

PLAN:

1. Introduction

- Review the previous week and address questions
- Check-in with homework from the previous week

CURRICULUM:

2. Core of the Class

- Watch a speaker deliver a message about mental health
**JD Schramm: Break the silence for suicide attempt survivor
https://www.ted.com/talks/jd_schramm
- Discuss strengths and weaknesses of the speech
- Review components of a speech, naming examples from the video

ACTIVITY:

3. Partner Work

- Split the group into pairs
- Give instructions: each person will go through their Developing Your Story Work Sheet. Partners can give feedback; what are the strongest parts of the story? What is the message? How is this message communicated?
- Work on new worksheet – start laying out your story into a speech structure

WRAP UP:

- Address questions/comments/concerns
- Give homework- finish working your story into a 3-5 minute long speech using the handout
- Remind about next session

SPEAKER SERIES STRUCTURING YOUR SPEECH (SESSION #2)

INTRODUCTION:

Start on a memorable note:

Main message:

MAIN BODY:

Point 1:

MAIN BODY:

Point 2:

Point 3:

CONCLUSION:

Revisit main message:

End on a memorable note:

SESSION #3

TELLING YOUR STORY

ABOUT THIS SESSION

TIME: 2 HOURS

Location:

OBJECTIVES: by the end of this session, participants will:

- Identify ways to give constructive feedback to their peers
- Speak about their topic for 3-5 minutes in partners
- Give the introduction to their speech in the large group

TRAINING METHOD: TELL-SHOW-DO

Materials:

- Handouts
- White board for brainstorming
- Dry erase markers and eraser
- Timer
- Paper and pens

Preparation/Setup:

- Snacks and drinks
- Handouts
- Tables set up in meeting room in a large rectangle with chairs seating around three sides facing the facing facilitator
- Supplies for activity

PLAN:

1. Introduction

- Review the previous week and address questions
- Check-in with how people are feeling about the process and public speaking

CURRICULUM:

2. Core of the Class

- Discuss and brainstorm ways to give and receive constructive feedback from your peers

ACTIVITY:

3. Partner Work

- Split the group up into pairs
- Pairs practice giving their speech to their peer; the peer times the speech and gives initial feedback

4. Large Group Work

- Return to the large table
- Participants take turns giving the 'introduction' to their speech
- Participants fill out feedback forms for each person

WRAP UP:

- Address questions/comments/concerns
- Co-facilitator give feedback forms back to participants for review
- Remind about next session

SESSION #4

CONNECTING WITH YOUR AUDIENCE

<p>ABOUT THIS SESSION</p> <p>TIME: 2 HOURS</p> <p>Location:</p> <p>OBJECTIVES: by the end of this session, participants will:</p> <ul style="list-style-type: none"> • Identify and utilize message-enhancing body language • Demonstrate increased confidence and comfort in telling their story <p>TRAINING METHOD: TELL-SHOW-DO</p> <p>Materials:</p> <ul style="list-style-type: none"> • Handouts • White board for brainstorming • Dry erase markers and eraser • Timer • Paper and pens • Projector and Laptop <p>Preparation/Setup:</p> <ul style="list-style-type: none"> • Snacks and drinks • Set up projector and load video on laptop • Handouts • Tables set up in meeting room in a large rectangle with chairs seating around three sides facing the facing facilitator • Supplies for activity 	<p>PLAN:</p> <p>1. Introduction</p> <ul style="list-style-type: none"> • Review the previous week and address questions • Handouts <p>CURRICULUM:</p> <p>2. Core of the Class</p> <ul style="list-style-type: none"> • Introduce non-verbal language (body language, tone, eye contact, spatial positioning) • Show video clip: Amy Cuddy- Your body language shapes who you are: https://www.ted.com/talks/amy_cuddy_your_body_language_shapes_who_you_are <p>ACTIVITY:</p> <p>3. Body-Language Table Topics</p> <ul style="list-style-type: none"> • Pass around a hat with folded up 'topics' • Each person will pick a piece of paper with a type of body-language (i.e. arms crossed and a speech topic). • Give one minute to for participants to prepare • Each participant speaks for 30 seconds, using their body-language cue • After each participant speaks, the group can discuss their interpretation • Wrap up activity, thank participants <p>4. Practicing Speeches in front of large group</p> <ul style="list-style-type: none"> • Participants have the opportunity to give their 3-5 minute speech in front of the group if they are ready <p>WRAP UP:</p> <ul style="list-style-type: none"> • Address questions/comments/concerns • Remind about next session
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SESSION #5

SPREADING THE WORD

<p>ABOUT THIS SESSION</p> <p>TIME: 2 HOURS</p> <p>Location:</p> <p>OBJECTIVES: by the end of this session, participants will:</p> <ul style="list-style-type: none"> Identify and utilize strategies to manage stage-fright Demonstrate increased confidence and comfort in telling their story <p>TRAINING METHOD: TELL-SHOW-DO</p> <p>Materials:</p> <ul style="list-style-type: none"> Handouts White board for brainstorming Dry erase markers and eraser Timer Paper and pens Projector and laptop <p>Preparation/Setup:</p> <ul style="list-style-type: none"> Snacks and drinks Set up projector and load video on laptop Handouts Tables set up in meeting room in a large rectangle with chairs seating around three sides facing the facing facilitator Supplies for activity 	<p>PLAN:</p> <p>1. Introduction</p> <ul style="list-style-type: none"> Review the previous week and address questions Handouts <hr/> <p>CURRICULUM:</p> <p>2. Core of the Class</p> <ul style="list-style-type: none"> Introduce stage fright Show video clip: Megan Washington- “Why I Live in Mortal Dread of Public Speaking” http://www.ted.com/talks/megan_washington_why_i_live_in_mortal_dread_of_public_speaking?language=en Discuss strategies to reduce stage-fright <p>3. Discuss opportunities for public speaking in the future</p> <ul style="list-style-type: none"> Ideas from the group Handout with resources: Toast Master’s Meetups, StandUp for Mental Health Workshops <hr/> <p>ACTIVITY:</p> <p>4. Final Speeches</p> <ul style="list-style-type: none"> Formal presentation of speeches from each participant <hr/> <p>WRAP UP:</p> <ul style="list-style-type: none"> Address questions/comments/concerns Preparation for Mental Health Awareness Week
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PROJECT EVALUATION

Please rate your experience.

	DISAGREE	SOMEWHAT DISAGREE	NEUTRAL – NO OPINION	SOMEWHAT AGREE	AGREE
1. Participating in this project was a worthwhile experience for me.	1	2	3	4	5
Please explain:					
2. I learned a lot about myself through participating in this project.	1	2	3	4	5
Please explain:					
3. I have learned new skills by participating in this project.	1	2	3	4	5
Please list any new skills you have learned:					
4. I am motivated to continue my involvement in this project.	1	2	3	4	5
Please explain:					
5. My involvement in this project contributed to my feelings of increased inclusion.	1	2	3	4	5
Please explain:					
6. My experiences in this project could have been better with some changes.	1	2	3	4	5
Please explain any changes that you feel are needed:					