

How to be confident **and enjoy** public speaking

From freezing in front of hundreds of school kids or being unable to string a sentence together in front of a camera Dr Elizabeth Mills has now over 5+ years of experience as a science communicator where public speaking, performing science shows and presenting to camera are her favourite things!



With practice and experience her public speaking has led to opportunities to appear on TV (CBeebies), create science shows for festivals, podcasts, public speaking events and science standup! In 2021 she was awarded Royal Society of Biology new Researcher Outreach and Engagement Award.

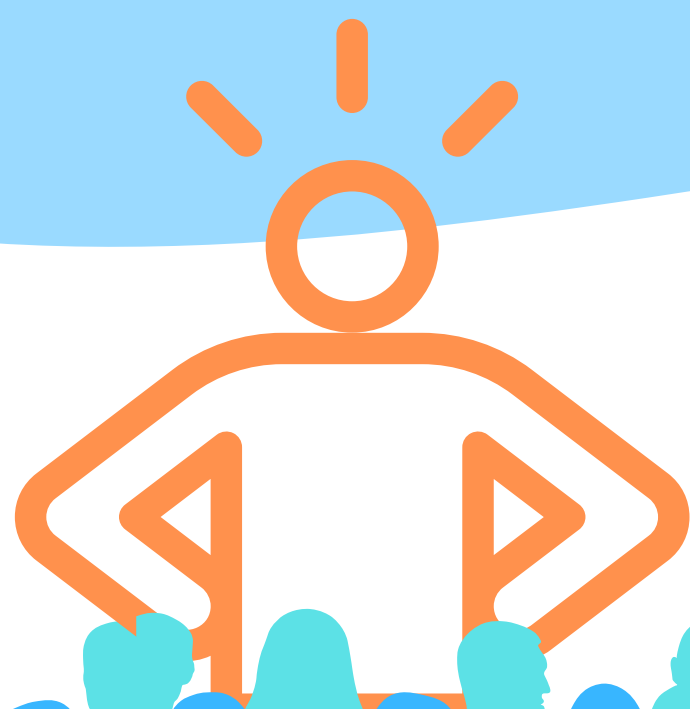
In this training Elizabeth hopes to share how to not only be a better public speaker but how to also make the enjoyment of the experience overtake the fear!

This training is for anyone who wants to put a spark of fun back into the often daunting task of public speaking.

Learn tips and tricks to make the preparation and delivery of a talk whether in person or on camera more enjoyable - and with an extra kick of confidence!

With a real mix of techniques from stand up comedy, academic presentations including children's TV presenting and more... this training will get you thinking of new ways to make your presentations.

Stand out in your next pitch in a meeting, academic presentation or a social media video!



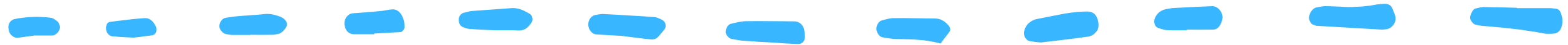
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What length of workshop is best for your trainees?

A half day workshop enables me to cover techniques to build confidence with public speaking and how to approach the design of a talk to help spark ideas on how to engage people. However a full day workshop allows time for more techniques to be covered and a more personalised experience where the trainees can begin to try out these techniques with a group and build confidence together.

Can the workshops be customised?

Absolutely, before each training session I will always discuss the needs of the trainees and how I can tailor my training to them. A personalised itinerary and the maximum number of people I can conduct this training for will then be provided with the training quote.



Example Half Day Workshop

9:00-11:00

- Introductions
- Talk through some practices and techniques
- Tips on how to present more confidently
- Trainees practice techniques

11:00-11:45

- Preparation of a short talk to present to group (and coffee break)

11:45-12:30

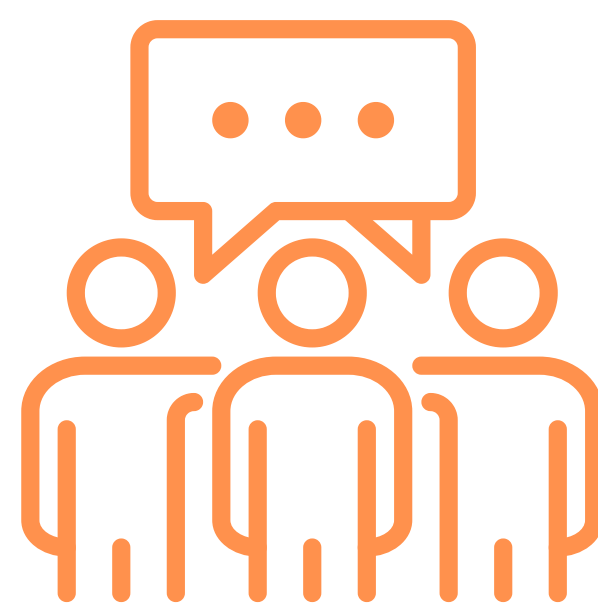
- Presentation and individual feedback



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Example Full Day Workshop

- 9:00-11:30
- Introduction
 - Discussion around each trainees fears and past experiences
 - Tips on how to present more confidently
 - Tips on overcoming fears
 - How to make the whole experience more enjoyable
 - Practice of some techniques
 - Confidence building exercises
- 11:30 - 11:45
- Break
- 11:45 -12:30
- Preparation of a short presentation using the techniques learnt in the morning
- 12:30-13:30
- Lunch and time to ask myself any queries on the exercise.
- 14:00-16:00
- Individual presentations and feedback to each person
 - Group discussion around what can be done behind the scenes to make it more enjoyable experience for all
- 16:00-16:30
- Questions



This training can also be tailored to be linked for a specific event or competition (e.g. upcoming conference, 3-Minute Thesis Competition) where I can provide advice and specific feedback for that event.