NOAC 2024

CU Boulder

SEEK NEW HEIGHTS

Public Speaking

Let’s Practice Talking!

Housekeeping Items

1. Session
2. Restrooms
3. Emergency Procedures
4. Safety Moment:
   a. Barriers to Abuse
   b. Heat Related Illness

Learning Objectives

Learners will be able to:

Explain: What are some common hurdles and fears associated with public speaking

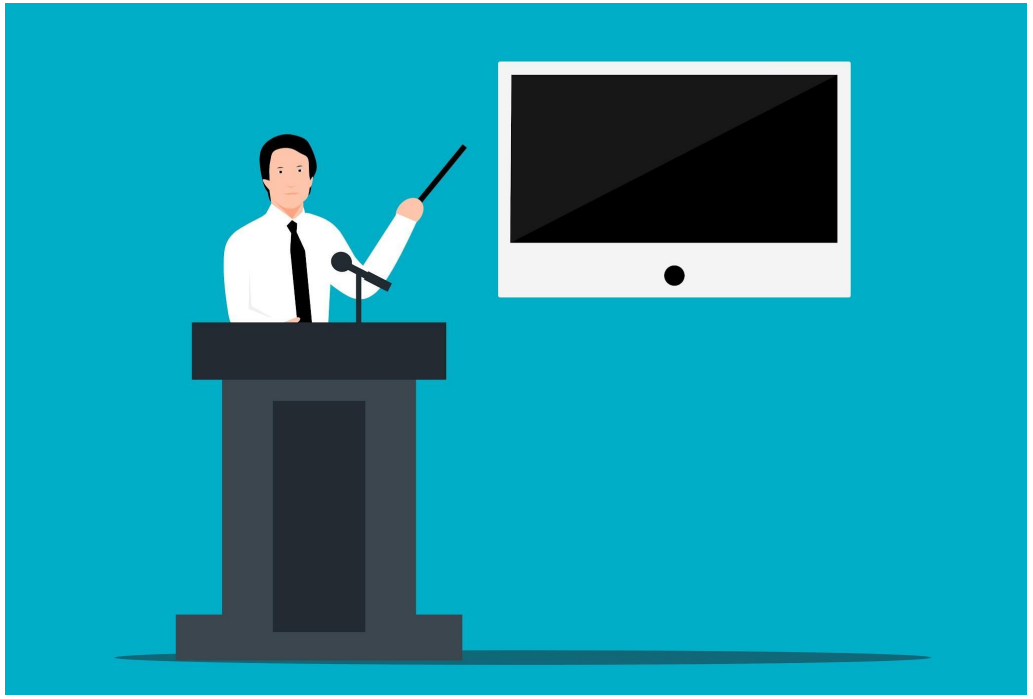
Demonstrate: How to navigate getting in front of a crowd of individuals and behaviors of a good public speaker

Guide: By utilizing group activities and hands-on practice, they can practice speaking in front of a crowd of unfamiliar faces comfortably

Enable: Learners will be able to return to their home lodges, troops, or chapters with the ability to communicate on a large scale while being comfortable effectively and expressing behaviors of a comfortable speaker

1. Foundation

What makes a good speaker??



Breakout Activity: Break into groups of 7-10 and introduce yourselves!

- Name
- Home Town
- How long did you drive/fly?
- Favorite Merit Badge or patch on your uniform

What is Public Speaking?

- the act or process of making speeches in public
- the art of effective oral communication with an audience

Now you may be asking yourself…How do I start public speaking?

Two Main Factors to Public Speaking

Finding the Settings

- The opportunities in Scouting, the OA and More!
- Finding what settings work best for YOU!

Stress Management

- Knowledge of the Subject Matter
- Knowing Your Audience
- **USE THE ADRENALINE!**

Embracing and Adjusting to Stress

- Get comfortable with the uncomfortable
- View pressure as excitement!
- Say goodbye to negative talk

2. The Tools of the Trade

The golden rules to a successful public speaker

Projection 101

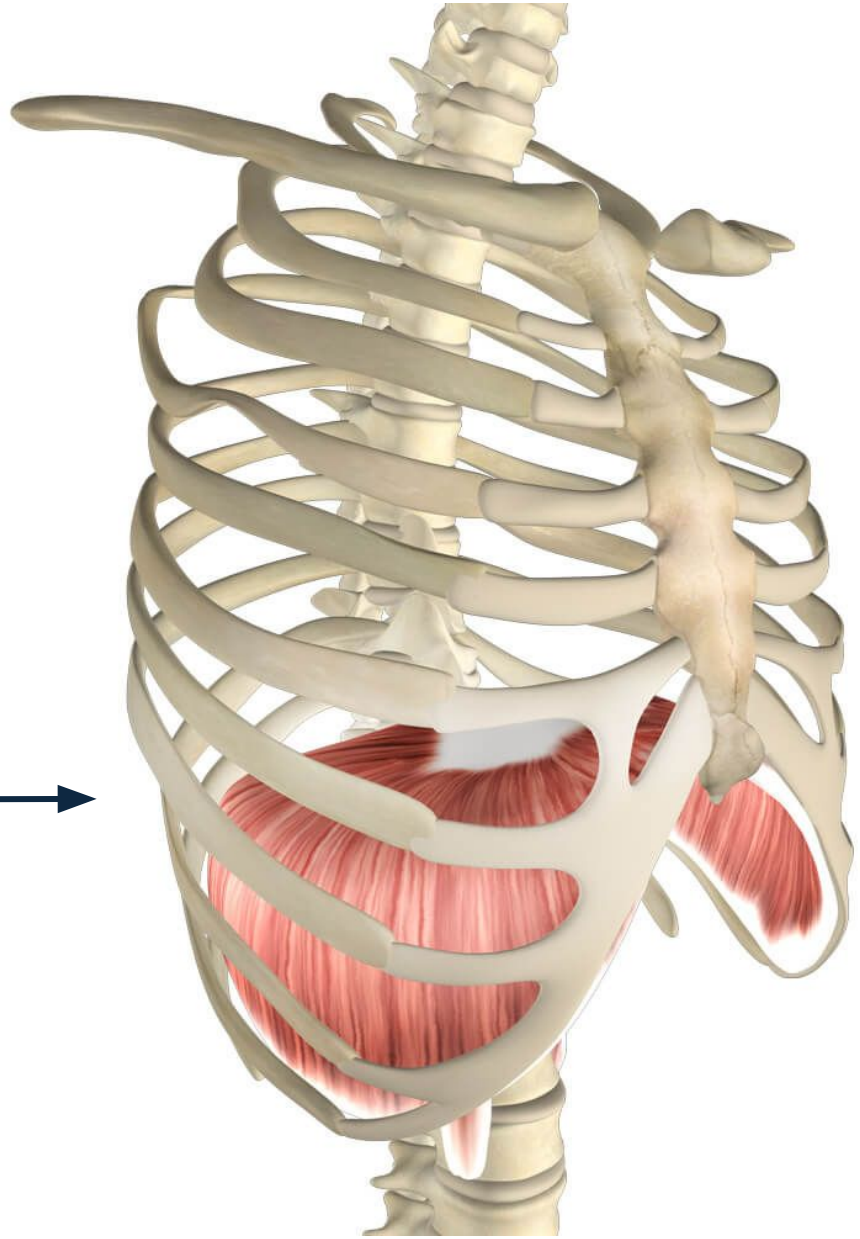
Step 1: Stand up nice and tall if able

Step 2: Open your mouth wide when speaking naturally

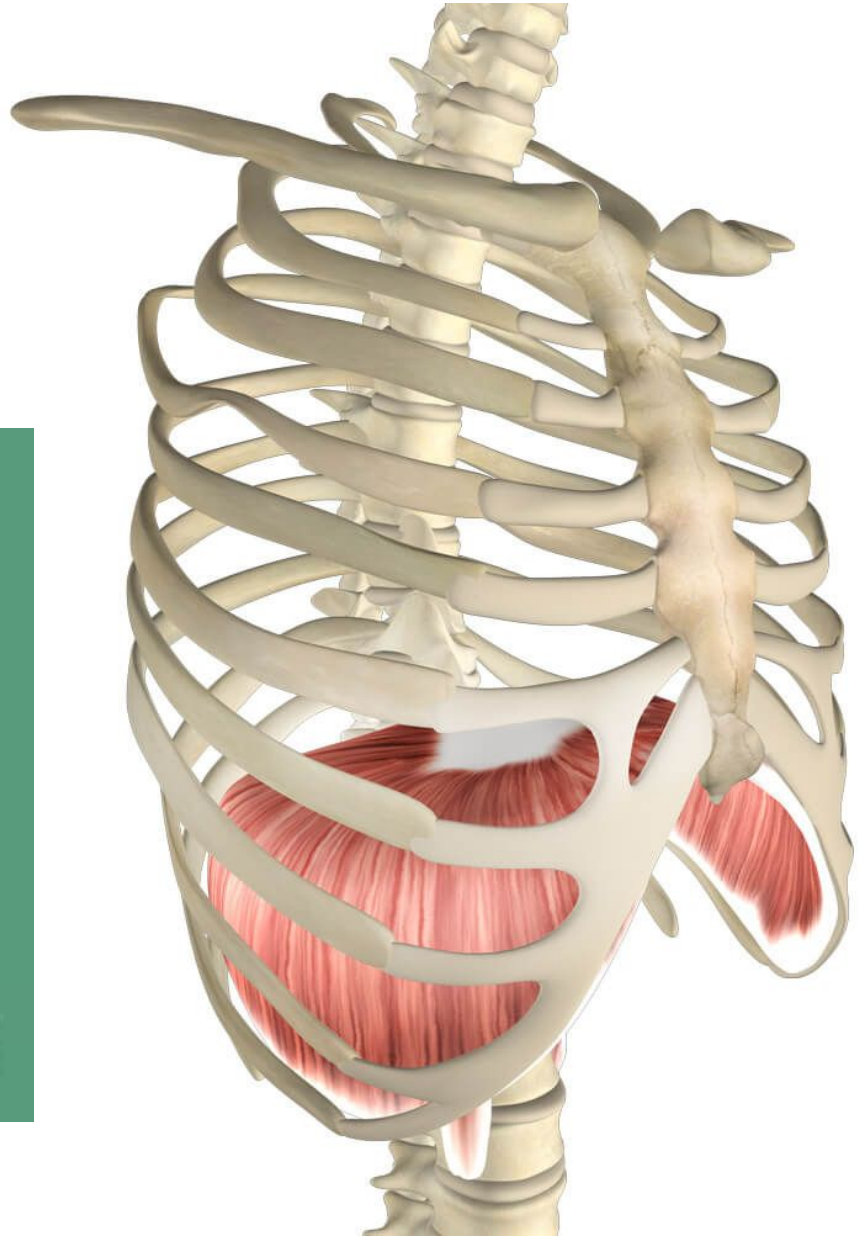
Step 3: Diaphramic Breathing:

Deep breaths into the stomach

Step 4: Change intonation while speaking to keep the tone rolling



Projection 101:
4-7-8 Breathing



Discussion Questions

1: How does public speaking in settings change the way we should be speaking?

2: How do we see this in the Unit, Chapter, or Lodge setting?

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Public Speaking

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3. Trust the Process

and you will see results....

Public Speaking and Trusting the Process!

- Let your personality shine through and be yourself
- Use Effective Language
  - Stories, Comedy, Etc.
- Avoid Reading
- Ask for Feedback and Grow!

4. Public Speaking

Impromptu Speeches

Impromptu Speeches:

Rules:

- 1 Minute
- Random Object
- Use as LITTLE “Like, Um or Uh’s” as possible
- Have FUN!

Questions and Closing Remarks

Thank you!

Takeaway Challenge

Please take out your notebook and pen. For the final three minutes, think about your current and future roles in the OA, in Scouting, and in life. Write down three key takeaways from this session that will enable you to Seek New Heights in those current and/or future roles. For example, how can the use of public speaking and strong communication skills help me work with others, assist my lodge, or run meetings? Later today, feel free to share these key ideas with others in your chapter or lodge.

Thank you!