2024 National Order of the Arrow Conference

Session: Public Speaking

Session Length: 45 minutes

Session Description

[Brief description of what your session will cover. Why should someone take this training? Your ACVC may have provided a brief starting point, feel free to edit and add to it.]

This session will address key aspects of public speaking, including crafting a compelling message, engaging the audience, and managing public speaking anxiety. Learners will be introduced to techniques for improving their vocal clarity, body language, and presentation skills. The session also covers handling questions and interacting with the audience effectively. Ideal for anyone looking to enhance their speaking abilities, whether for professional presentations, academic settings, or personal development, this session aims to transform apprehensive speakers into confident, impactful communicators.

Learning Outcomes

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 and

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

Theme Connection: Seek New Heights

Whether you are prepping for a speech to run for a position or giving a lecture on your favorite subject, it is hard to get over the hurdle of speaking in public. This session aims to allow scouts and scouters to seek a new form of communication that is a valuable skill throughout their lifetime.

Facility and Material Needs

Facility Needs

Is this session remote delegate-compatible? (ie. can the material be engagingly taught via live stream)	[Yes/No - Elaborate here if necessary]
Does this session need audio/video (AV) capabilities? (ie. projector)	[Yes/No]
Are there any other specific facility needs for this session? (ie. movable chairs, panel-style seating, etc.)	No

Session Preparation Steps

[Please list all steps you or another trainer need to take to be prepared to teach this session. For example, if the trainer needs to add personal experiences, print handouts, or prepare items for a game, those should be listed here. **The goal is for someone to be able to read this syllabus and understand how to teach your session in the future!**]

Step 1: Prepare a Slide Show for use in the session

Step 2: Gather assorted materials that could be used as impromptu speech (Ruler, Stapler, Scoutbook, Etc.)

Lesson Plan

[The main body of your presentation should be here. Remember to adjust the timing for each session as you add/edit topics. **Remember, be as specific as possible - the goal is for someone to be able to read this syllabus and understand how to facilitate your session in the future!**]

Helpful Templates:

Activity

Copy and paste this box wherever you have an activity in this session!

Materials Needed: [materials]
Length of Activity: # [min]
Activity Description: [description]

Trainer Action

If at any point the trainer needs to complete an action (play a video clip, prompt questions, etc.) copy paste this box and edit this text to specify what!

Introduction **5 minutes**

- Facilitator Introduction succinctly to the scouts and scouters
    - If manageable, the facilitator will ask participants to stand and say their name, home state, and lodge to the other participants

Content-Based Discussion **15 minutes**

- Discuss the definition and occasions for Public Speaking
    - Public Speaking:
        - the act or process of making speeches in public
        - the art of effective oral communication with an audience
- Tools for the Trade
    - Fears and Stress Management Tips for Public Speaking
        - Understanding your audience! Knowing the setting you are speaking in can allow for comfort, safety, and a relaxed discussion/presentation.

- Gain knowledge on the subject and audience that you will be speaking to. One of the best ways to manage nerves is to embrace them! Match the excitement or mindset of the audience to utilize the adrenaline you are feeling.
- **Adrenaline is good (in this case)!**
  - Though it increases breathing speed and heart beat, this also helps you to concentrate on subjects more, get more oxygen to your body and so much more!

Trainer Action

Deep Breathing Exercise Video should be played here, in this you want to have participants work through this as well! Deep Breathing Exercise: VIDEO

- Best Practices in projection, getting your message across, and more!
  - Step-by-step process on projection…
    - 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
      - Diagram Here
    - Step 4: Change intonation while speaking to keep the tone rolling
- Class or group presentation vs addressing a large group
  - How does public speaking in settings change the way we should be speaking?
  - How do we see this being utilized in the Unit, Chapter, or Lodge setting?
- Fillers and More…
  - Like, Um, Uh, and Repetition (Get rid of them if possible)

Demonstration and Hands-on Practice **20 minutes**

Activity

Copy and paste this box wherever you have an activity in this session!

Length of Activity: # 20 Minutes
Activity Description: Impromptu Public Speaking: In a volunteered manner, participants will be given an item from the facilitator, the scout or scouter will then have to give a 1:00 Minute speech relating to the item.

Use 2-3 Scouts/Scouters for this exercise

- Impromptu Speech
    - Taking as many as possible with time, allow for volunteers to give a 1-minute speech about an item that they select at random (to be provided by the facilitator)
        - In discussing the impromptu speeches, we will go over how it is important to understand your material before the speech or meeting you are running. This helps to stimulate the nerves and loss associated with speaking unprepared!

Conclusion & Takeaway Challenge **3 minutes**

- Public Speaking on any level whether it is a class project, scouting, work, business, etc. is a viable and wildly important skill to enhance and will allow you to increase your comfortability.
- Questions?

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.

Appendix: Resources and Source Material

[Please add all referenced sources or handouts that would be useful to share with session attendees.]

Resource	**Link**
Order of the Arrow, Mission & Purpose	Available online at: https://oa-bsa.org/about/mission-purpose
Deep Breathing Exercise	4-7-8 Breathing Technique