

PRSA 2012 Conference: October 16, 2012 Presentation The Power of Pause: Speak With Confidence Outline

- I. Welcome and introductions:
If audience is 20 or less, participants are invited to introduce themselves (option: describe their biggest challenge with speaking in public).
If more than 20, I engage them by asking questions and inviting a show of hands.
- II. Overview and intention of presentation
- III. Establish guidelines
- IV. Introduce Relational Presence (RP): How to pause and connect with one person at a time without trying
- V. Participants practice RP alone and with a partner
Discussion and Q&A
- VI. Introduce Power of Pause tool to release fear
- VII. Participants practice tools by doing Vision process in dyads
Further discussion and Q&A
- VIII. Final exercise: Participants volunteer to speak in front of the whole room.
Participants debrief on what they learned
- IX. Summary and close: Participants discuss how they will apply this learning in their professional and personal lives, and commit to one action moving forward.