



 THE GUINEA GROUP

# THE MENTAL HEALTH SPEAKER

Workshop Program

NAME:

DATE:

## FIRST THINGS FIRST...



### ABOUT YOU

Favourite Team Member?  
Why?  
Favourite Movie?



### ABOUT ME

Leadership Coach  
Married 30 years  
Triathlete



### ABOUT US

Open  
Honest  
Safe

## THE PROCESS



**Credible  
Conversational**



**Development and Delivery  
10 - 20-minute session**



**Controlled  
Creative**



**Development and Delivery  
10 - 20-minute session**

# WORKSHOP SLIDES

**Professional Speaking Skills**



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**STARTING WITH YOU**

In ONE SENTENCE:

- Name
- Lived Experience
- Learning

Favourite Movie or Favourite Book or Favourite Food



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## NOTES / REFLECTION

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**SPEAKING IS ABOUT SERVICE AND GIVING**

*"Money doesn't buy happiness; Money buys choices. It's what you do with those choices, That makes you happy"*

*Antony Guinness* 

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**CURRENT LEADERSHIP EVALUATION**



**WHERE ARE YOU STARTING?**

*It is important to evaluate where you feel you are at, currently, as what can be measured, can be managed and improved!*

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## NOTES / REFLECTION

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# WORKSHOP SLIDES

**UPGRADED LEADERSHIP EVALUATION**



**WHERE DID YOU GET TO?**

*We will do this survey again at the end of the program, to see how far we have all come!*

EQ Empathy Decisions Safety

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Let's watch and learn ...



**COLLATERAL BEAUTY**

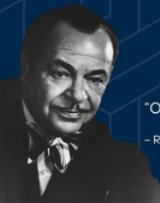
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## NOTES / REFLECTION

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**1 Credible**

**Being the authority**

*"Once you lose your credibility, you can never restore it."*

- Reinhold Messner

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**It's not about you.**

**The process**

1. It's not about you
2. For the audience, it's all about you ...
3. If in doubt, revert to 1



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## NOTES / REFLECTION

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# WORKSHOP SLIDES

## You are the SME






**Subject Matter Expert**

Trust yourself

**FEAR**  
False Expectations  
Appearing Real

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## Preparation Increases Credibility

01	02	03	04	05
<b>Preparation</b> Could you present it without PowerPoint?	<b>Practice</b> Have you delivered it 5 times of more?	<b>Vision</b> How will you feel at the end of the session?	<b>Breathe</b> Have you taken 3 breaths into your tummy?	<b>Focus</b> What will your opening story and words be?
				
1 week	1 day	1 hour	1 minute	1 second

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### NOTES / REFLECTION





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## Face it

Until you make it ...

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## THE INDUSTRY



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### NOTES / REFLECTION

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# WORKSHOP SLIDES

## THE IMPACT



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## ACTIVITY

Reflections?

What have you got to offer an audience?


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NOTES / REFLECTION

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### 2 Conversational

Talking with, not at

"Constant repetition carries conviction."  
- Robert Collier

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## USE STORY TELLING x 3

It's all about emotions

- Relevant
- Relatable
- Revealing



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NOTES / REFLECTION

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# ACTIVITY




Reflections?

What have you got to offer an audience?

A large area for writing with horizontal dotted lines.

# WORKSHOP SLIDES

## BE ORIGINAL



**Unpack**

- Your experience
- How you have evaluated it
- What you learnt that you could explain to others so that they have a learning experience or an aha moment?

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## MAKE IT MEMORABLE

**People want punchy**

- There is no try
- Hakuna matata
- Life is like a box of chocolates



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### NOTES / REFLECTION

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## MANAGE QUESTIONS

**Questions make or break your sessions**

Great question – “how would you answer that” (answer a question with a question).

Great question – “let me ponder that one, if that is cool, please” (and make sure you circle back).

Great question – “I have got absolutely no idea, sorry – can I find out and follow up with you after the session, please” (and get back to them).



Be Conversational

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## ACTIVITY

*What can I do to be more conversational?*



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### NOTES / REFLECTION

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## ACTIVITY



What can I do to be more conversational?

A large green area with horizontal dotted lines for writing.

# ACTIVITY



Time to plan out your talk!  
1.Experience 2.Evaluation 3.Explanation

A large light green rectangular area containing multiple horizontal dotted lines for writing.

# WORKSHOP SLIDES

## Value their Time

By:

- Making a commitment
- Sticking to it
- Valuing your own time



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## Presentation Delivery – Part 1

So much fun?

- 10 minutes (no longer than 20)
- Your lived experience
- With 3 key messages

Everyone has a story...

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NOTES / REFLECTION

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## ACTIVITY

*Reflect on what you have learnt today ...*

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## The Process

DAY 1

- Credible Conversational
- Development and Delivery 10 – 20-minute session

DAY 2

- Controlled Creative
- Development and Delivery 10 – 20-minute session

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NOTES / REFLECTION

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## ACTIVITY



Reflect on what you have learnt today ...

A large area for writing with horizontal dotted lines.

# WORKSHOP SLIDES




## SPEAKING IS ABOUT SERVICE AND GIVING

*"Money doesn't buy happiness; Money buys choices. It's what you do with those choices, That makes you happy"*

*Antony Guineira* 

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## 4 Controlled

Keeping it all in check

*"It's easy to stand in the crowd but it takes courage to stand alone..."*  
- Mahatma Gandhi

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### NOTES / REFLECTION

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## Manage Your Emotions

Remember your Amygdala ...

	<b>Self</b>	<b>Other</b>
<b>Awareness</b>	Self-Awareness	Social Awareness
<b>Management</b>	Self-Management	Relationship Management

Be Controlled  

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## Nothing good happens when you are ...

Heightened



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### NOTES / REFLECTION

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# WORKSHOP SLIDES

## Know Your Triggers

If you are triggered by something, you can prepare for that, and be ready to manage your emotional state

Regulate your emotions



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## Breathe into your tummy

### Oxygenate

- Your brain needs it
- You can think more
- It changes your focus



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### NOTES / REFLECTION

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## Envision your success

### Looking forward

What will you **see**, what will you **hear**, what will you **feel**, at the end of your presentation?



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## Talk it up ... or down



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### NOTES / REFLECTION

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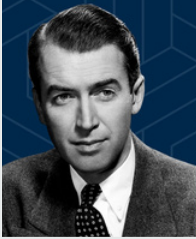
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# WORKSHOP SLIDES



**ACTIVITY**  
*How will you manage your triggers?*

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**4 Creative**  
**Attracting Audience Attention (with style)**

"Frank called me one day and said, 'I have an idea for a movie, why don't you come over and I'll tell you?' So, I went over, and we sat down, and he said, 'This picture starts in heaven'. That shook me..."

- James Stewart

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## NOTES / REFLECTION


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**Your slides should be ...**

"Better than you"  
Make your PowerPoints colorful



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**Learn More**

And, it doesn't have to be reading ...



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## NOTES / REFLECTION

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# ACTIVITY



How will you manage your triggers?


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# WORKSHOP SLIDES

## Find your Flair

- 1. Introduction**
  - What is your first story?
  - What is your presentation's aim?
  - Why does it matter to your audience?
  - What are the main points your audience should remember afterwards?
  - Why should they listen?
- 2. Story Telling**
  - Main points should be addressed one by one with supporting evidence and examples, and stories
  - Links should be clearly stated between ideas, and you must make it clear when you're moving onto the next point
  - Allow time for people to take relevant notes and stick to the topics you have prepared beforehand rather than straying too far off topic
- 3. Summary**
  - What were the main points you want your audience to remember
  - Thank your audience
  - Close out with a strong statement



## Preparing is a Process

01 <b>Preparation</b> Could you present it without PowerPoint?  1 week	02 <b>Practice</b> Have you delivered it 5 times of more?  1 day	03 <b>Vision</b> How will you feel at the end of the session?  1 hour	04 <b>Breathe</b> Have you taken 3 breaths into your tummy?  1 minute	05 <b>Focus</b> What will your opening story and words be?  1 second
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### NOTES / REFLECTION

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## Value their Time

Because they do (or should)

- Make a commitment
- Stick to it
- Value your own time





## Presentation Delivery – Part 2

So much fun?

- 10 minutes (no longer than 20)
- Your lived experience
- With 3 key messages

Everyone has a story...



### NOTES / REFLECTION

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# ACTIVITY



Time to plan out your talk!

1.Experience 2.Evaluation 3.Explanation

A large area for writing, featuring horizontal dotted lines on a light green background.

# ACTIVITY



Where to from here?

A large area with horizontal dotted lines for writing.

## NOTES / REFLECTION

A series of horizontal dotted lines for writing notes or reflections.

## NOTES / REFLECTION

A large area for notes or reflection, consisting of 20 horizontal dotted lines on a light green background.

## NOTES / REFLECTION

A large area for notes or reflection, consisting of 20 horizontal dotted lines on a light green background.

## NOTES / REFLECTION

A large area for notes or reflection, consisting of 20 horizontal dotted lines on a light green background.



## ANY QUESTIONS? WE'RE HERE TO HELP

We exist to support leaders to upgrade their mindset, upskill their leadership, and uplift their teams, to create psychologically safe and high performing teams!

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