



 THE GUINEA GROUP

THE FEARLESS PUBLIC SPEAKER

Workshop Program

NAME:

DATE:

FIRST THINGS FIRST...



ABOUT YOU

Favourite Team
Member?
Why?
Favourite Movie?



ABOUT ME

17 years at it ...
Married 30 years
Triathlete



ABOUT US

Open
Honest
Safe

THE PROCESS



Courage



Conviction



Care



Capturing

WORKSHOP SLIDES



STARING WITH YOU

At the end of these two days, I would like to:

- Be
- Get
- Have

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NOTES / REFLECTION



NOTES / REFLECTION

WORKSHOP SLIDES



5

**SAYING
"THANK YOU" ...**

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Let's watch and learn ...




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NOTES / REFLECTION

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1 Courage

Getting Over Fear

"High achievement always takes place in the framework of high expectations."
— Charles Kettering

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Fear Vs Danger

It's not dangerous ...

That I know of ...

FEAR	FEAR
False	Face
Expectations	Everything
Appearing	And
Real	Rise

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NOTES / REFLECTION

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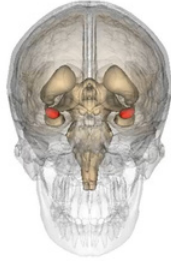
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WORKSHOP SLIDES

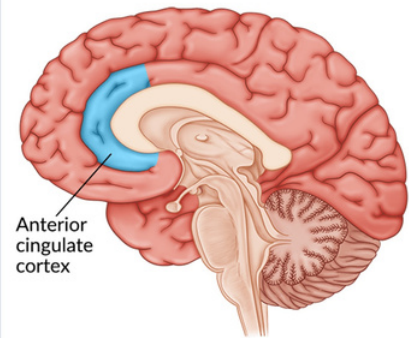
Some psychology

Amygdala



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Cortex



Anterior cingulate cortex

<https://www.flintrehab.com/anterior-cingulate-cortex-damage/>

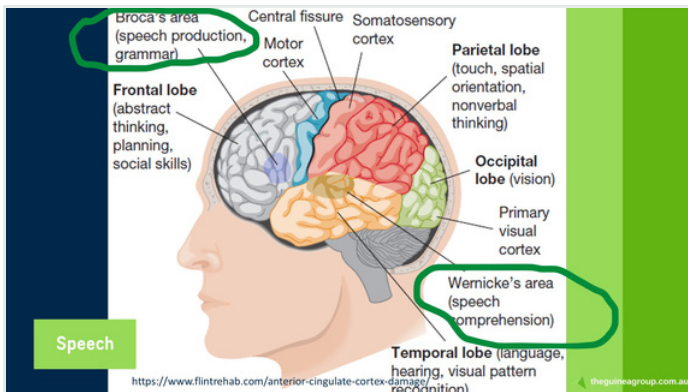
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NOTES / REFLECTION

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Speech

<https://www.flintrehab.com/anterior-cingulate-cortex-damage/>

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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

Talk it ... Up



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Face it

Until you make it ...



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NOTES / REFLECTION

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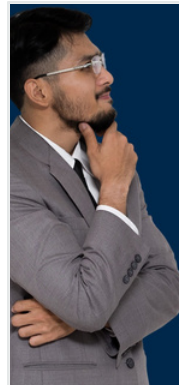
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Preparation Creates Calmness



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ACTIVITY

Reflections?

What will you do to get over any fears of public speaking?

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NOTES / REFLECTION

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ACTIVITY



Reflections?

What will you do to get over any fears of public speaking?

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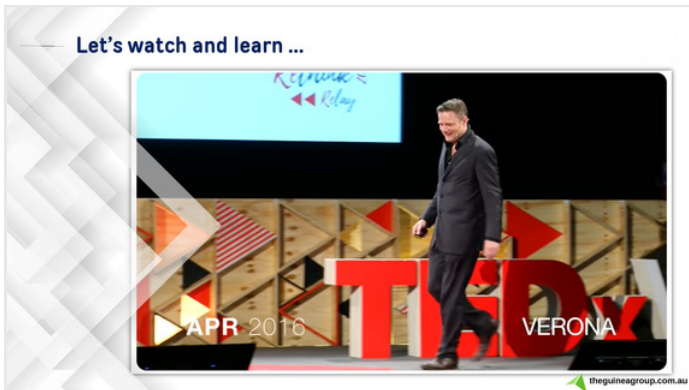
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WORKSHOP SLIDES



NOTES / REFLECTION

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NOTES / REFLECTION

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WORKSHOP SLIDES

USE STORY TELLING

It's all about emotions

Relevant
Relatable
Revealing



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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

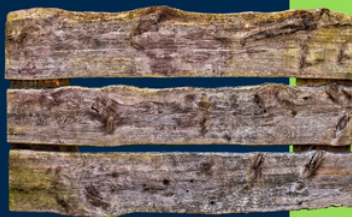
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NOTES / REFLECTION

HAVE A PROCESS

It's all about structure

Intro
Story Telling
Summary



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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

WORKSHOP SLIDES

Presentation Delivery – Part 1

So much fun?

- 10 minutes
- Your lived experience
- With 1 – 3 key messages

Everyone has a story...

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ACTIVITY

Time to plan out your talk!

1. Experience
2. Evaluation
3. Explanation

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NOTES / REFLECTION

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Value their Time

By:

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



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ACTIVITY

Reflect on what you have learnt today ...

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NOTES / REFLECTION

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ACTIVITY



Reflect on what you have learnt today ...

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WORKSHOP SLIDES



③ Conviction
Be a Messiah for the message

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

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
 **ANTON GUINEA**

Find your Influence

This survey is designed to provide you with an overview of your influencing skills, and at the same time, prompt you to think about some of the key elements of influencing others with persuasive (or just clear and concise) communication.

12 Questions

START →

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NOTES / REFLECTION

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Conviction for Connection
Passion for Purpose
Believing for Bettering
Strategy for Structure
Information for Innovation

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Manage Your Emotions

Remember your Amygdala ...



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NOTES / REFLECTION

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WORKSHOP SLIDES

**Nothing good happens
when you are ...**

Heightened



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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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NOTES / REFLECTION

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**Have Go
Tos!**

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NOTES / REFLECTION

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ACTIVITY



How will you manage your triggers?

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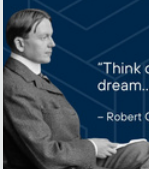
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WORKSHOP SLIDES



"Think of things not as they are, but as they might be... don't merely dream... but create."
– Robert Collier

4 Capture
Grab their attention

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Your slides should be ...

"Better than you"

Make your PowerPoints colorful



NOTES / REFLECTION

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Learn More

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



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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

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NOTES / REFLECTION

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WORKSHOP SLIDES

Preparing is a Process



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ACTIVITY

Time to plan out your talk!

1. Experience
2. Evaluation
3. Explanation

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NOTES / REFLECTION

Value their Time

Because they do (or should)

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

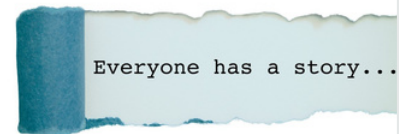


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Presentation Delivery – Part 2

So much fun?

- 10 minutes
- Your lived experience
- With 1 – 3 key messages



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NOTES / REFLECTION

ACTIVITY



Where to from here?

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NOTES / REFLECTION

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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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