



CONFIDENCE AND EXPRESSION WORKSHOP PROTOTYPE

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INTRODUCTION

This powerpoint moves chronologically through the activities which are spaced over the two days. It also illustrates where each activity fits into the “U” model.

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	THURSDAY	FRIDAY
<p>FRESH EYES</p> <p>THE FIELD</p>	<p>M</p> <ul style="list-style-type: none"> Intention setting <small>- safe space / create container</small> Dialogue walk <small>- defining moment moment you're proud of</small> Visual Representation <small>(drawing or 3D modelling)</small> Growth mindset Fears about PS/E <p>LUNCH</p> <p>A</p> <ul style="list-style-type: none"> Structure (I) → Whole team Structure (II) → Pain re-call <small>→ Work on stories</small> Physical / Posture (I) Posture (II) <small>Pain</small> <small>Down poses Gestures Hands (movement?) (facial expressions?)</small> <p>JOURNALING</p> <p>PRESENTING</p>	<p>A</p> <p>PROTOTYPE</p> <ul style="list-style-type: none"> FINAL CHECK IN / CHECK (GROWTH MINDSET) GROUP DISCUSSION → How will we INCORPORATE THIS INTO OUR WORK + HOLD OTHERS ON THE FEET PRESENTATIONS TO THE TEAM <p>LUNCH</p> <p>M</p> <ul style="list-style-type: none"> Final personal preparations Voice (II) → Stories in teams + feedback Voice (I) → Voice mexican wave Nerves Check-in (everyone shares) <p>CRYSTALLIZATION</p>



THURSDAY

Fresh eyes, sensing and
presencing

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Day 1, morning: Seeing
with Fresh Eyes

Intention Setting

Introduce, welcome and invite the FSers to work out what they want to get out of the workshop.

Also introduce the **growth mindset**. Explain the concept and discuss elephant in the room; nerves and the **fear** of expression and public speaking. Invite FSers to reflect on what inhibits them ---> growth mindset means we can move from where we are to where we want to be (better changemakers).

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Day 1, Afternoon: Sensing
from the field

Structure (1)

Lachie and Rizlan have a secret about storytelling. With the whole group we briefly discuss how to structure a good story – based on the hero's journey.



Day 1, morning: Seeing
with Fresh Eyes

Dialogue Walk: In pairs we'll discuss one defining moment in our lives, where we overcame a challenge. This story will be used throughout as we hone expression and public speaking skills.

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Day 1, Afternoon: Sensing
from the field

Structure 2: Check in on the stories and Lachie and Rizlan will engage in deeper discussion about the essential elements of the hero's journey



Day 1, Afternoon: Sensing
from the field

Draw the story: Create a visual representation of the story to go deeper (we think the drawing will work well as they can continue to hone the diagram and then use it as a prop on Friday afternoon).

We will also start to work towards being able to tell the story in 3 minutes (we can discuss this time limit)



LUNCH

After lunch we move on to “sensing from the field” and start to build on our core building blocks. These are Structure, Physicality (body language), Nerves and Voice.

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Day 1, Afternoon: Sensing
from the field

Physicality/ body language (1): Facilitators lead the group through a range of exercises that help to explore physicality and body language, including:

- Posture and power poses (Cynthia)
- Use of hands and expressions (Yana)



Day 1, Afternoon: Sensing
from the field

Physicality/ body language (2): Split into pairs again and incorporate this body language into your storytelling. Using the drawing as a guide, re-tell your story – aim for 3 minutes.



Day 1, Evening : Presencing

Journaling time: Led by Cynthia, we will encourage introspective journaling on confidence, inhibitions and what expression and public speaking. We have found a number of good online resources we could tailor for our purposes.

We have scheduled this before dinner, but could also have it after dinner on the earth floor.

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DINNER

Following this could be free time or could be used to do a fun exercise that doesn't disrupt the positive effects of the journaling.

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FRIDAY

Crystalizing and Prototyping

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Day 2, Morning:
Crystallisation

Check-in: We want to start the morning by everyone sharing something, no matter how small. -> Ask how people feel about the day and segway to talk about nervousness around expression ...

Nerves: How do we deal with nerves?

-----> Discuss why people are not so expressive (culture/gender/politics) and where tactics to dispell nerves improve expression. Remind the participants that practice and improving the skills we've been honing are the best ways (growth mindset).



Day 2, Morning:
Crystallisation

Voice (1): High-energy voice exercises with whole group --> Possibly use “voice mexican wave”.
Work on volume and connecting head, heart and hands.

Cynthia will work with Neville and Noel.



Day 2, Morning:
Crystallisation

Voice (2): Break into **programme/project teams** to work on voice and projection as they re-tell their stories. As they work on voice they will also incorporate the lessons from Day 1, including honing their story and posture/physicality. Their team mates will provide inputs on how to continually improve. Work towards presenting the story in 3 minutes.

Final presentation preparations before Lunch: This can be done in groups or solo if that is what the individual prefers.



LUNCH

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Day 2, Afternoon:
Prototyping

Expression session!

Each person will get up in front of the entire group and tell their story, ideally, using all of the workshopped skills (within 3 minutes. We do not think that each person needs individual feedback as it could kill the momentum and also perhaps add pressure, but we can discuss this.

We plan to deepen the learning through a group discussion (next slide)



Day 2, Afternoon:
Prototyping

Groups discussion: How will we incorporate these skills going forward? What practical things have we learned? How will we support each other so that this progress is not lost?

Final check-in and closing: Relate back to the growth mindset.



RESOURCES!

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STRUCTURE OVERVIEW

- This seminar will be run by Lachy in 2 parts.
- First part (1) is on general structure and flow of a story. The “Hero’s journey” will be used to explain this. Lachy will tell a familiar example (Star Wars or Harry Potter) and then give a personal example.
- The teams will then complete the dialogue walk and find their own personal hero’s journey.
- In the second part (2) the teams will come back together to draw their stories.
- Lachy will then give some tips on how to effectively express their stories (e.g. how to open the story)
- Teams are then invited to work on their stories in pairs.

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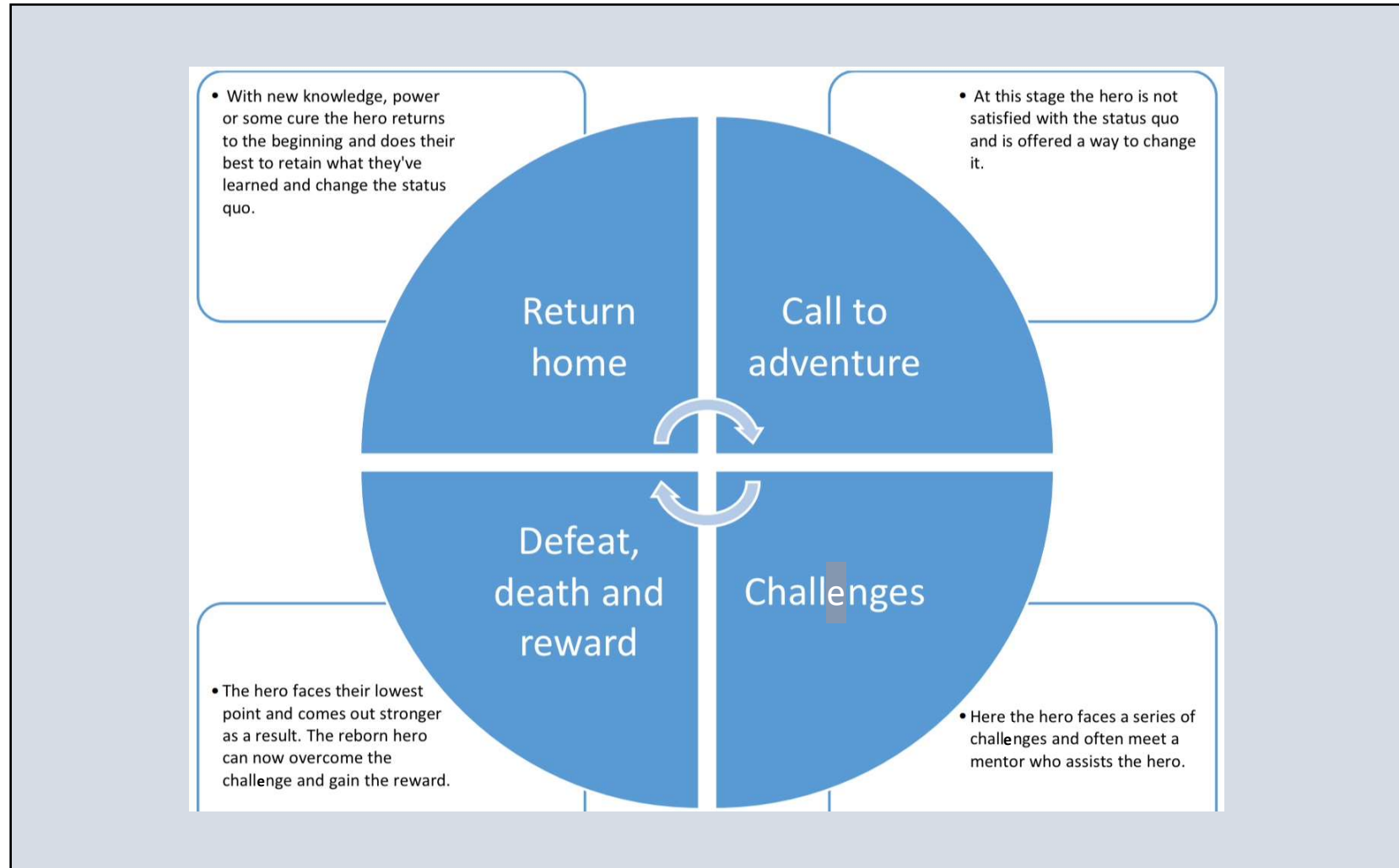
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STRUCTURE RESOURCES

- Link to a website with a detailed outline of the hero's journey: <http://www.movieoutline.com/articles/the-hero-journey-mythic-structure-of-joseph-campbell-monomyth.html>
- An abridged version can be found here: <https://www.well-storied.com/blog/heros-journey>
- This model on the next page might be the easiest to show...





PHYSICALITY OVERVIEW

- Run by Cynthia and Rizlan?
- This session will start with an activity: embody different poses and reflect on how we feel here. A good activity would be the “high status, low status game”.
- After establishing the connection between our mind and body, show a relaxed and a powerful pose that can be adopted while speaking and to build confidence.
- Go through the 4 basic hand gestures we can use while speaking.
- Break into pairs and practice using these techniques as you tell your story.

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PHYSICALITY RESOURCES

- Activities and high status, low status game:
<https://www.theatrefolk.com/blog/nonverbal-communication-exercises/>
- Video on posture while speaking:
<https://www.youtube.com/watch?v=ET7qsJv6nLk>
- Video on 4 basic hand gesture to use while speaking:
<https://www.youtube.com/watch?v=1VCaJ4dSHak>



JOURNALING

Good side

- I am good at...
- People compliment me about...
- I feel happy when...
- My favorite place is...
- I'm loved by...
- I'm looking forward to...
- The person I admire the most is...
- What would my childhood self like about me now?

Areas to work on

- How do I feel when speaking in front of people?
- Why do I feel this way?
- Do I always need to feel this way?
- What *am I doing* to overcome these issues?
- What more can I do?
- Who can help me?
- How can I ask for support?
- **Who can I help to become better at communication?**

Immediate Future

- What **goals** will I set for improving on communication in 2019?
- To reach my goals, what will I do next week?
- And what will I do this year?

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NERVES OVERVIEW

- Run by Cynthia and Neville (TBC)
- The best way to beat nerves is to practice skills, practice your presentation and be prepared.
- But there are some tips we can use...
- (1) Invite the group to go through a breathing exercise to reduce stress
- (2) Accept that you are stressed rather than fighting it.
- (3) Use strong and confident body language to trick your brain out of nerves.



NERVES RESOURCES

- Great introductory video: <https://youtu.be/K93fMnFKwfl>
- Breathing exercises: <https://www.instituteofpublicspeaking.com/breathing-exercise/public-speaking-breathing-exercises/>
- On the advantages of accepting that you are anxious: <https://psychcentral.com/lib/9-ways-to-reduce-anxiety-right-here-right-now/>
- On using a power pose to build confidence (also refer to “physicality resources”): <https://blog.hubspot.com/sales/psychology-backed-exercises-more-confident>



VOICE OVERVIEW

- Run by Cynthia and Noel
- Start with a vocal Mexican wave to break down barriers while working on voice.
- While doing this talk about posture as key to projection, breathing and speaking from our diaphragm, not our larynx (or our bellies not out throats).
- Bring everyone back to the flipchart to discuss the importance of variation in tone and tempo
- Break into group and apply these technique as we retell our stories (this time in teams).

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VOICE RESOURCES

- How posture helps projection:
<https://www.youtube.com/watch?v=2rPMiKiLWII>
- Great resources for variation in tone and tempo:
<https://www.genardmethod.com/blog/how-to-dramatically-improve-your-voice-for-public-speaking>
- <https://www.briantracy.com/blog/public-speaking/6-tips-to-improve-your-public-speaking-voice/>