

SPEAKER TRAINING 101

WORKBOOK

Welcome!

Thank you so much for joining us and committing to working on your public speaking. We're thrilled to have you here because you are the reason we created this training. You asked, and we listened —now we can't wait to see how you apply it. We want to share a few key points to help you get the most out of Speaker Training 101.

1) Speaking is a Skill: Just like any other skill, great speaking can be cultivated through practice. This training will guide you in creating a personal speaking practice. Try each of our exercises (print or copy-paste as many pages as you need).

2) Check-In with Yourself: Before and after your speaker training homework, take a moment to check in with yourself. This simple habit will help you track your progress and see the impact of your efforts.

3) Personalized Path: Your journey is unique. What works best for your long-term confidence may differ from others. Embrace what feels right for you. Make this your own. Don't be us! Be you.

4) Worth the Effort: Like many worthwhile pursuits, mastering this training may be challenging at times. Remember, you are worth the effort, and we'll support you every step of the way.

Are you ready to build confidence, impact, influence from your speaking? Then let's get you started! Thank you again.

-Professor Nat

Introduction & WHY?

Research tells us as much as 40% of us have some fear of public speaking. It can hinder us from finding our voice, influencing or impacting our world or even workplaces. Let's explore where we can start to work on this skill of public speaking and curating our stories; so maybe then we can practice, get better, reduce our fear, find our voice, and impact our work and our world how we wish.

Learning Objectives:

- **Become a better public speaker through development of a speaking practice!**
- Understand the messaging, delivery and value-add of your speaking engagements.
- Work on speaking as a skill to build confidence.

Format:

Our courses are designed to fit right into your plans for personal and professional development. Beyond our online training, we offer in-person, online and hybrid versions. Each course has homework. Make this your own.

The Course Work:

Part 1: Simplicity - make your message simple & learn a simple model for your audience.

Part 2: Practice - making your message simple comes from working on it over and over.

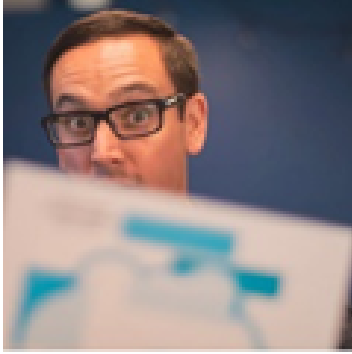
Part 3: Trust - build & earn trust from your audiences using simple techniques

Part 4: Passion - lean in to what it is you care about; as an audience we'll know if you do!

Part 5: Performance - work on the art of public speaking to maximize impact.

Part 6: Value Add - take this training and use it to have a positive effect on your world.

OUR FACULTY



Professor Nat Measley, MPA

Professor Nat is an exceptional and experienced public speaker. He has spoken to more than 1-million people in 20-years as a keynote speaker, workshop facilitator, and professor at various prestigious universities.

Nat's story and speaker career began at a young age when he was wired for fun and creativity, growing up in chocolate town, Hershey, PA. He delivered his first every keynote address at 18-years old as the closing speaker at his high school graduation. The crowd (1,800+ people) gave him a standing ovation.

He honed his skills working the following jobs & activations; On-field host for the Harrisburg City Islanders (2005), On-field host for the Aberdeen Ironbirds (2006 & 2007), Lead team building facilitator for The Fun Dept. (2007 - 2012), CEO of the Fun Dept. (2012 - 2017), Keynote speaker at various conferences & events for years on fun, culture, entrepreneurship, and leadership.

Now, Nat works with young professionals to some of the best motivational speakers in the world to uncover, curate, and understand the value in their won stories to have a positive impact on their worlds.

He is your host for our Speaker Training 101 Course.

HOMework: SIMPLICITY

Simple Speaking Engagement Layout

- **Deep Breath... Check In**
- **Learning Outcome**
- **Story**
- **Activity**
- **Check-in/ Check-Out**



Use this space to take your own notes! Journal all about it.

HOMWORK: PRACTICE

Your Story & Learning Outcome

- **YOUR STORY:**

- **Your Learning Outcome:**



Use this space to take your own notes! Journal all about it.

HOMework: TRUST

Audience Data

- Who is your audience?

- What do they want/ need?



Use this space to take your own notes! Journal all about it.

HOMEWORK: PASSION

Find Your Passion

- **What do you like to do?**
- **What are you passionate about?**
- **If you had nothing else to do today, how would you spend your time?**



Use this space to take your own notes! Journal all about it.

HOMEWORK: PERFORMANCE

Be Inspired by Performance

- **What performers inspire you? Why?**



Use this space to take your own notes! Journal all about it.



Your Space - Extra Notes - Conversations - Anything!
