From Stage to Library: Conquering Public Speaking Through the Power of Theater and Improv

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In the next 60 minutes...

• Safety House Rules
• Goof Game (learning to make mistakes)
• Building your Public Speaking Persona
• Improv for Public Speaking
• Pulling it all together
House Rules
The Door is Always Open
This is an Affirming and Safe Space
Consent (When in doubt, ask!)
Check in with each other!
Cut!!=Stop Everything!
Goof Game!

• Get in groups of four to five (with people near you)
• Introduce yourself!
• Going around in a circle, tell about a time you goofed up at work (1 minute Max!)
• When done telling your story, take a bow and yell “I Goofed!”
• Everyone should applaud and shout affirmations.
Persona Creation

• Name and Theme Song are free form!
• Goals=what are your goals when you speak in public? These can change and you can have more than one.
• Skills=Choose the skills you have (put an X next to it)
• Persona Skills= Choose the skills you want your Persona to have-you must choose at least two skills that you do not already have!
Persona Speech time

• Spend a minute looking and thinking about your persona. Begin walking around the room and non-verbally greeting people as that persona (3 minutes)

• Get back together in your groups.

• Each person chooses a prompt from the hat.

• Looking at the prompt, each person should spend no more than two minutes speaking as their persona. The rest of the group should play the intended audience.

• Tell the person how awesome they are after they are done