

Kate Shippam - Needs Assessment Notes Wednesday 16 August 2017

Background

- Hated public speaking at school
- Did group speaking (facilitation?) in German
- Always speaks at work (once a month in front of new employees and about once a month in front of a small group of colleagues)
Feels restricted in expression
- Speaks German French and English
- Youngest with three older brothers negative environment
- Wants to be more expressive (fullness vs outgoingness)
- Doesn't want to be cautious in speech or when talking about self
- Emotions close to the surface
- The work presentation is same every time, 20 minutes, written by boss. Use Prep for Success Course to prepare for the next one (25 of August)

Challenges

- Anxiety (shaky voice, sounds and feels like crying, shaky hands, blushes, cloudy head)
- Worried about forgetting everything
- Nervous about word choice
- Stomach hurts about 1 hour before, day before can feel quite confident
- Can get thrown by a life - Needs preparation techniques and ways to ground. How to deal with distractions and re-take control of the room
- Gets comfortable ones going but not always
- Set up most important - how to calm down body and thoughts, is easier when first person to speak
- A little intimidated by expertise in the room (mostly confidence)
- Needs practice for a bigger events if that's on the cards for work
- Would like to be more expressive in life
- Felt nervous at Unleash
- Taped self pretending enthusiasm and it went better
- Had a good experience the first time speaking at work. Had lots of time to prepare, introduced self to others in the meeting beforehand and got compliments! :)

Goals

- Wants to get outside of the box regularly
- Useful discomfort and get comfortable in own skin and speaking what's on her mind
- May have to speak in large groups in 2018 but doesn't want to unless it's going to be really good
- Reading poem at wedding on September 2

Ideal Voice

- British accent? no shakiness, strong, diverse tone, exciting intonation, not annoying, strong vocabulary, sentences that flow beautifully

Ideal feels like:

- confident, enjoying the process, excited to explain, doesn't want it to end

Between here and there:

- vocabulary, confidence, doesn't feel possible

Looking for:

- A way to force self to practice
- Was thinking of asking questions in meetings but doesn't want it to be a waste of time
- Fun!
- Possible amateur acting or networking to push boundaries

Next Steps:

- Ask boss about Ignite Your Confidence (next dates: 13 - 15 Oct, 1 - 3 Dec)
- Danielle invite to Dynamic Women in Action and Spontaneous Speakers next time she's going
- Go for coffee and review poem for wedding (Danielle send ideas)

Homework:

- Grounded - breath fricative breath and power poses
- Getting comfortable with content - use Prep for Success for presentation on 25 Aug
- Pushing boundaries of expression - rehearse in different emotional states (from Prep for Success)