Thurrock Adult Community College

Course Outline and Details

Course Code   TL3017Y24   **Title:**   An Intro to Public Speaking

Time and duration   **Location**

Start Date: 11 June 2025   ONLINE
Start Time: 18:30   End Time: 20:30   Online
Start Day: Wednesday
No. of Lessons: 1
No. of Weeks: 1   Online
Total No. of Hours: 2.00   ZZ99 9ZZ   E: tacc@thurrock.gov.uk

Description

This workshop will help learners to build confidence, manage nerves, and take first steps in speaking to an audience.

What will I learn?

This interactive online workshop is designed to build your confidence in public speaking. You will explore common speaking fears and learn practical strategies to manage nerves. Through fun, supportive activities, you will practice basic delivery techniques including posture, voice projection, and eye contact. You will leave the session having spoken briefly to a group, received positive peer feedback, and set a personal goal for future speaking success.

Key skills include:

Managing public speaking anxiety

Developing vocal and body language techniques

Speaking briefly and clearly to an online audience

Building self-confidence in communication

Entry Requirements

Open to beginners or anyone wishing to build speaking confidence. Basic English communication skills recommended.

What do I need to bring?

Access to a computer, laptop or tablet with internet connection

A webcam and microphone for active participation

Notebook and pen (optional)

What support is available?

If you require any additional support or have any special requirements that you have not already told us about, please inform us as soon as possible by emailing: TACC@thurrock.gov.uk a member of our Learning Support team will contact you to talk about these confidentially.

Please advise your tutor of any medical or health issues that may impact on your learning or your safety whilst attending the college.

What is expected from me?

Attend the workshop and actively participate.

Engage respectfully with others in discussions and activities.

Complete a short self-reflection at the end of the session.

What can I do next?

Pathway into learning. Other tailored learning courses or quals. Tutor will inform of all upcoming.