

PUBLIC SPEAKING

FOR ADULTS WITH DEVELOPMENTAL DISABILITIES



This course is FREE.

Tony Lopez, CBS13 News Anchor, is leading this workshop on the 1st Monday of each month beginning October 4th at our new location.

Week 1 Curriculum:

-Finding your voice:

Gaining confidence as you get your message across in a conversation

-How to be a good listener

Eye contact, non-verbal cues

-How to love your voice

Record and listen to it

-Open mouth exercises (a-e-i-o--u)

Finding energy as you speak ("energy equals intention")

-Tell me a story

Practice in front of group

-Assignment:

Write a page on what makes you happy to be delivered in week 2 on November 1st

REGISTER HERE

October 4, 2021 12:30 pm - 1:30 pm

Fly Brave Emporium, 5901 Broadway, Sac, CA 95820



THE FLY BRAVE FOUNDATION

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