



Issued by University of Basilicata
SINCE

TAGS: Presentation, Body language, Trust, Anxiety management, Adaptability, Audience questions, Effective communication, Feedback, Creativity in Presentation, Time management



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Public Speaking: How to Speak in Public Without Fear

The "Public Speaking: How to Speak in Public Without Fear" course is designed to help individuals develop effective communication skills and overcome their fear of public speaking. The course is aimed at those who wish to improve their ability to express themselves clearly, convincingly and confidently in front of an audience. During the course, students will have the opportunity to learn the foundations of public speaking, including speech preparation and structuring techniques, managing body language, and creating emotional impact. Practical tools will be provided to manage stage anxiety and to develop the confidence necessary to deal with public speaking situations. Participants will have the opportunity to practice through mock presentations, receiving constructive feedback to continually improve their skills. The course might also cover topics such as managing audience questions, creating visually engaging presentations, and adapting your communication style to different contexts.

Skills

The owner of this badge has proved to have the following skills:

Presentation Skills: Students will learn to structure and deliver presentations in a clear, engaging and organized manner.

Body Language Management: They will be able to understand and use body language effectively, conveying confidence and assertiveness through gestures, posture and eye contact.

Managing Stage Anxiety: The course will address practical strategies for managing stage anxiety, helping students feel more confident and stay calm during presentations.

Message Adaptability: Students will learn to adapt their communication style to different audiences and contexts, making their message more effective.

Ability to Answer Audience Questions: They will be able to effectively manage questions and interactions with the audience, maintaining control of the situation.

Effective Communication: Students will gain skills in choosing the right words, using appropriate tones, and creating emotional impact through language.

Developing Confidence: Through practical exercises and constant practice, course participants will build confidence in their public speaking skills.

Creativity in Presentation: Concepts that promote creativity in creating presentations, such as the use of engaging visuals and engaging storytelling techniques, may be introduced.

Feedback and Continuous Improvement: They will be able to accept and use constructive feedback to constantly improve their performance.

Time Management: The course could teach strategies for managing time during a presentation, maintaining focus and respecting the assigned time limits.

The owner of this badge has proved to have the following skills:

Effective Communication: Improve the ability to clearly convey ideas and concepts, both orally and through body language.

Stress Management: Develop strategies to manage stage fright and approach public speaking situations more calmly and confidently.

Self-Confidence: Build confidence in your communication skills, which can extend to multiple areas of your personal and professional life.

Adaptability: Learning to adapt your message and communication style to different situations and audiences.

Active Listening: Improve the ability to listen carefully and respond effectively to questions from the audience.

Time Management Skills: Learn to manage time during presentations, respecting assigned limits and maintaining focus.

Empathy: Develop the ability to understand and respond to the emotional needs of the audience, creating a stronger bond with listeners.

Structured Thinking: Learn to organize and structure ideas coherently for clearer and more convincing presentations.

Self-Assessment and Continuous Improvement: Accept feedback and critically evaluate your performance, constantly seeking to improve.

Management of Interpersonal Relationships: Improve skills in managing social interactions, promoting more positive and collaborative relationships.

The owner of this badge has acquired to have the following knowledge:

Preparation Techniques: Knowledge of the correct preparation of a presentation, from audience analysis to content design.

Speech Structuring: Understanding methodologies for organizing and structuring speeches effectively, including introduction, development and conclusion.

Body Language Management: Knowledge of the basic principles of body language and how to use it to communicate more effectively.

Managing Stage Anxiety: Understanding the causes of stage anxiety and learning practical strategies to manage it.

Presentation Techniques: Knowledge of presentation techniques, including the use of visuals, voice modulation and management of eye contact.

Message Adaptability: Understanding how to adapt your message to different audiences and contexts.

Handling Audience Questions: Knowledge of best practices for handling audience questions effectively and assertively.

Effective Communication: Knowledge of the fundamental principles of effective communication, including the use of words, tone and flow of speech.

Creativity in Presentation: Familiar with using creative elements, such as storytelling and engaging visuals, to make presentations more engaging.

Feedback and Continuous Improvement: Understanding the importance of feedback and strategies for using it constructively to improve your skills.

Criteria

The Badge is awarded following attendance of the "Public Speaking: How to Speak in Public Without Fear" course. At the end of the course (which lasts 6 hours), participants will have to take a final exam with simulations to prepare and exhibit. Passing the exam together with the percentage of attendance (which cannot be less than 80% of the entire duration) are the elements on which the evaluation is based for the purpose of obtaining the badge.



Issued by University of Basilicata

The University of Basilicata is the leading University of the Basilicata region, in the Southern part of Italy. Since 2012, according to the new University statute and rules of procedure, ex D.R. n. 88/2012, the University of Basilicata is organized through six primary structures (precisely four departments and two schools) in which the functions and the personnel of the pre-existing twelve departments and eight faculties have been re-addressed. Degree programs range from the Humanities, to architecture, archeology, education, economics and management, as well as to the STEM disciplines (hard sciences, agriculture, engineering, computer sciences). Such degree programs are effectively connected to the research, training and third mission activities developed by the primary structures. University of Basilicata counts about 7000 students, and is based in the cities of Potenza and Matera.



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