



How to feel Confident

A one hour talk for Sixth Form pupils.

How to feel Confident

This one-hour talk is in two halves: feeling confident when speaking in public and feeling confident when attending interviews. The consistent feedback from pupils, and Heads of Sixth Form, is that this interactive talk is interesting, practical and great fun.

Speaking

- How and why nerves affect us
- Simple breathing exercises to make us feel confident
- Fun voice exercises to 'centre' our voice
- The Two Second Pause
- The Headline Sandwich
- Clear section changes
- Ending well

Interviews

- Pre-planning suggestions
- The Waiting Room
- The Mini Fire Breath
- Listening
- The Inner Twinkle
- Asking Questions
- Slowing down

“Whether we are speaking in public or attending an interview, we can all learn to feel confident – and enjoy the experience too!”

ROBIN KERMODE

About this Sixth Form talk

We passionately believe there is a real need for children to be able to communicate clearly and confidently, whether reading aloud in class, speaking from the podium on Speech Day or at a university interview.

In this interactive one-hour talk, Robin will share some simple and effective tools that can help pupils appear and feel more confident in pressured situations, like public speaking or university or job interviews.

We will look at how nerves can pull us all off 'centre' and understand why the body reacts as it does in these pressured situations.

We will look at how to 'centre' our voice, making it sound natural and authentic. We will look at our body language - learning how to tread that fine line between confidence and arrogance.

We will look at how best to structure a talk, so we grab the audience at the start and then engage them right through to the end.

So, whether we're speaking to the Sixth Form, or to the whole school, we make the best connection with them that we possibly can.

Confidence is an invaluable life skill that will help in situations well beyond the classroom.

Objectives and Outcomes

Pupils will be able to:

- Deal with nerves in pressured situations
- Feel vocally confident
- Understand the impact of their body language
- Build instant rapport with everyone they meet
- Structure messages so they are remembered
- Appear and feel at ease in front of any audience
- Appear and feel at ease in an interview



Robin Kermode is one of Europe's leading communication coaches working globally with CEOs, senior executives, politicians, media personalities and corporate teams.

He is a popular keynote speaker and author of the best-selling book *SPEAK SO YOUR AUDIENCE WILL LISTEN*. His podcast, *THE ART OF COMMUNICATION*, has had over 200,000 downloads.

Robin has been an actor for over 30 years and is a recognisable voice over artist (he is the MC of the ATP World Tour Finals each November at The O2 Arena in London).

He is a respected media commentator, contributing to a wide range of newspapers, and is the leading body language expert for The Telegraph, The Guardian and the Daily Mail.

HUFFPOST

The
Guardian

BBC
RADIO

The
Telegraph

THE TIMES

Daily Mail

What schools say

“Robin is an engrossing speaker - simple, clear and remarkably effective.”

Dr. Anthony Seldon: Head,
Wellington College

"The girls have been absolutely raving about your presentation all week. We had our first assembly as a Sixth Form this morning and the feedback they had for your talk on Monday was overwhelmingly positive.”

Mrs. Alex Francisco: Head Sixth Form,
Francis Holland School

“Thank you - I asked them the boys for feedback and they were unanimous in their enthusiasm!”

Harry Biggs Davison: Head
St Phillip's School

“If you are looking to be a more effective communicator in your personal or professional life, this is for you. Rewarding and enjoyable - even those who don't usually enjoy active participation.”

Finola Stack: Head,
James Allen's Prep School