Aims/Objectives

**Main aim:** To share an innovative learning and teaching idea related to inclusive curricula that is future facing and enables graduates to be ready and able.

**In this symposium we will review:**

- Background (personal experience)
- Rationale for workshops
- An overview of approach and main content in the Stand Up and Be Heard three-hour workshops.
- To introduce colleagues to idea/strategies to support students develop these important transferable skills.
Background: Where am I coming from.......... (personal experience)

A person with a stammer/stutter (PWS) (mild/covert) who lectures for a living....public speaking.

Faced many issues/fears of public speaking.

Public Speaking Story
Fear of Public Speaking....

- Known as **glossophobia** (*glossa* meaning tongue and *phobos* meaning fear).
- Symptoms range from; feelings of nervousness or dread, self-consciousness, worried about negative evaluation from others, specific physical symptoms such as trembling, rapid breathing, sweating or blushing to panic attacks.
“Most people would prefer to be lying in the casket rather than giving the eulogy”
(Jerry Seinfeld)

Social Anxiety Disorder-(DSM-5 Definition)

A. A **persistent fear of one or more social or performance situations** in which the person is exposed to unfamiliar people or to possible scrutiny by others. The individual fears that he or she will act in a way or show anxiety symptoms that will be negatively evaluated (i.e., will be humiliating or embarrassing; will lead to rejection or offend others).

B. **Exposure to the feared situation** almost invariably provokes anxiety, which may take the form of a situationally bound or situationally pre-disposed Panic Attack.

C. The person recognizes that this fear is unreasonable or excessive.

D. The feared situations are avoided or else are endured with intense anxiety and distress.

E. The avoidance, anxiety, and distress in the feared social or performance situation(s) interferes significantly with the person’s normal routine, occupational (academic) functioning, social activities or relationships, or there is marked distress about having the phobia.

F. The fear, anxiety, avoidance is **persistent**, lasting 6 or more months.

G. The fear or avoidance **not due to physiological effects** of a substance or medical condition not better accounted for by another mental disorder.

*Copyright 2013, The American Psychiatric Association*
Aware of labels.....but worth considering.

In Social Anxiety Disorder (SAD), DSM-5 includes a new specifier-performance only, if the fear is restricted to public speaking/performance (Heimberg et al, 2014).

The performance-only specifier is supported by evidence that patients who suffer exclusively from performance fears (individuals who speak publicly on the job or give presentations in classes or meetings) appear to be a distinct group (Heimberg et al, 2014).

Rationale for workshops:

• As an experienced teaching academic, seen first-hand that many students have a fear of giving presentations as part of their module assessment, and of public speaking more broadly.

• Undergraduate students today are increasingly tackling tasks demanding public-speaking skills as well as intellectual achievement (Marinho et al, 2017).

- Survey of students at UWE/Plymouth University (n=787) 80% of students reported that presentations/public speaking were associated with frequent social anxiety.
- **Barriers to support** - grouped under the themes invisibility, stigmatisation and lack of confidence.


- Cross-sectional descriptive and analytic study of undergraduate students (n=1,135), 64% reported a fear of public speaking.
- 89% of students would have liked their undergraduate program to include classes to improve public speaking (Marinho et al, 2017).

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**Main content and approach**

**taken in workshops**

1. **Issues/Fears** associated with standing up/presenting/public speaking
2. Review **strategies/approach** that may help.....
3. The **benefits** of standing up and talking/presenting
   (Group activities, videos and sharing of ideas/strategies, some evidence based, practically orientated)
1. Issues/Fears with standing up & talking/presenting/public speaking

Group Activity

You are not alone! What would be your main issues/fears in standing up and talking to a group of people?
Stand up and be heard

18/06/2017

Dr Rob Grieve/UWE/2017

2. Strategies/Approach

(Quick overview)
KEY MESSAGE: KEY Approach
Be authentic/be yourself

Be Yourself

Vulnerability
What you see is what you get!

Being Present in the moment.

Let go of perfectionism

Authentic Public Speaker
Cognitive orientation (Motley & Molloy, 1994)

Performance Orientation

Communication Orientation

Heightens Anxiety

Reduces Anxiety

Some of the strategies to be authentic
....also reduce your fear! (12 slides)

- Know your subject
- Keep it Simple
- Creativity
- Enthusiasm/Passion
- See yourself as the messenger (Slide example)
- Tell stories
- Know your audience
- Conversational manner (Slide example)
- *Avoid equating public speaking with your self-worth
- *Avoid being nervous about your nervousness
- Lighten Up include Humour- AVOID JOKES!!
- Structure/Roadmap

*(Preston Ni, Psychology Today 2013)
Don`t shoot the messenger

See yourself as the messenger...not word perfect .....just part of the process (Souter 2011).

Shift the focus away from yourself to the message you are aiming to impart.

To achieve a genuine conversational manner

*Talk like TED- Carmine Gallo (2015)*

1. **Passion**

2. **Practice, Practice, Practice**
   
   *Can take 10 000 hrs to master a specific skill.*
   
   *Steve Jobs known for his practice and preparation.*

3. **Presence**
   
   *Only after 1 and 2 are achieved.*

*Focus on the three Ps*
Graded Exposure...  
self, friends, record

Internal and external visualisation

Genuine Authentic Presentations...  
DO NOT JUST HAPPEN EVEN TO THOSE WHO MAKE IT LOOK EASY!!

Any other practice ideas.......

Facial expression

Eye communication

Posture  
(Amy Cuddy, 2012)

Appearance  
(Dress, Fitness, Clothing)

Movement and gesture  
(Mc Neill 2008 Gesture and Thought)

Mannerisms and verbal fillers

Non-Verbal Techniques (Mc Carthy and Hatcher 2002)
3. Benefits

...is a strong motivator for change

...believing that good communication does not equal perfection.

Increase self confidence!

Benefits of standing up and talking....
EVALUATION

What course are you on?

Was this fear of public speaking workshop useful? (Please circle your answer)
YES/NO

Do you think you can use some of the ideas/approaches in your learning and presentations?
YES/NO

Do you think it would benefit other UWE students?
YES/NO

Should the Wed afternoon workshop be longer?
YES/NO

What ideas/approaches can you take home from this workshop?

Any other comments

Some Student Feedback

“I attended one of your workshops at the end of April and about a week after I had to do a presentation for a 30 credit module. I would just like to let you know that I received 80% for that presentation and I don’t think I would have even gone through with it without your advice! Thank you for your help, I definitely would not have that score without your workshop.”
Email from a Radiotherapy Student - June 2017

Below are a few verbatim comments from the Evaluation form:

“Amazing workshop. The first time I’ve felt hopeful about public speaking after trying many techniques.”

“Really beneficial workshop that I would recommend to anyone with a fear of public speaking.”

“This was really useful and should be more encouraged to other students”
Academic support for students to develop these important transferable skills.

https://www.ted.com/playlists/226/before_public_speaking

Self Help for Anxiety Management(SAM) App
http://sam-app.org.uk/

UWE Wellbeing Service
http://www1.uwe.ac.uk/students/healthandwellbeing/wellbeingservice
As these workshops are limited, facilitator not a psychologist and some students may need more intensive/specialised input.

Rob Grieve awarded Teaching and Learning Innovation WLBs for 2017-18 to continue the workshops in Frenchay and Glenside Library, please ask your students/staff to go online
UWE Academic Success/Skills Workshops
https://info.uwe.ac.uk/events/eventlisting.aspx?categoryID=98

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Thank you for listening

Any Questions?

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