

The Speak Easy Association of W.A. Inc

www.speakeasy.org.au

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33 MOORE STREET, EAST PERTH,
WESTERN AUSTRALIA 6004.
seawa@speakeasy.org.au

Communication Confidence: Do it with flair [1] **Information**

Objectives:

This program will provide participants with training and experience in speaking activities for enjoyment and personal development. Opportunities will be provided for participants to practice their skills in a supportive and interactive learning environment in activities that they may not normally undertake. The purpose of the activities is for participants to gain self-confidence and positive connections with activities which they may feel reluctant to undertake. This includes Public Speaking, Singing, Relaxation and Drama. The program will run with a workshop for each of these topics for one half-day each.

Program Description:

Each workshop will run for half a day (morning) of a Saturday. The time of the workshop will be 9:30am – 12:30pm (unless otherwise stated). These are the dates of the workshops and information about the facilitators below:

Workshop 1 Saturday 15th March: Public Speaking

Peter Dhu is a person who stutters and is a long serving and dedicated member of the Speak Easy Association of WA and the Australian Speak Easy Association. Peter has served as state and national president of these organisations. Peter was the Congress Convenor of the 7th World Congress for People Who Stutter, which brought together delegates from around the globe to share knowledge and experiences about stuttering. Currently, Peter is Manager of Donate West, Department of Health Western Australia and continues to be actively involved in promoting stuttering related issues in the community. He has a special interest in Public Speaking and regularly attends a Toastmasters group to practise and challenge his skills. Peter has facilitated Public Speaking workshops previously at Speak Easy, at National Conferences and also for TAFE's Read Write Now Conference.

This introductory workshop is designed to provide you with basic public speaking skills, to put structure, confidence and poise into your next presentation. It designed to help people who don't normally undertake public speaking, who may lack confidence or who may have a speech disability. The workshop includes a course manual for you to keep.

You will learn how to be a better public speaker from a person who has gone from severe stutterer to an accomplished speaker!

Workshop 2 Saturday 29th March: Relaxation and Positive Thinking

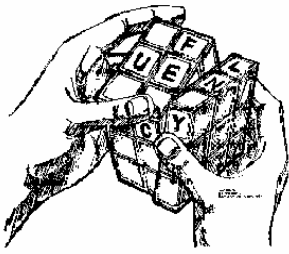
Please note: workshop times: 9:30am-12pm (Relaxation) and 12:15pm-1:15pm (Positive Thinking)

Please wear comfortable warm clothing and bring with you a pillow or cushion to this session

OUR MISSION

TO SUPPORT AND HELP PEOPLE WHO STUTTER, TO MAINTAIN FLUENCY AND TO PROMOTE THE TREATMENT OF STUTTERING

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Relaxation

Sandy O'Keefe is a qualified Holistic Yoga Teacher who considers yoga as the turning point in her life. She loves every aspect of yoga: the gentle stretching, postures, breathwork, relaxation and meditation all contribute to easing stress and enable her to find peace and clarity in her life.

Sandy works fulltime and teaches yoga to small groups of students at her Kingsley home in the evenings. She is also a member of The Speak Easy Association of WA and has served on the committee as President.

During this short course, participants will better understand the nature, causes and symptoms of stress and learn ways to develop a stress buffer by taking time out to breathe, relax and meditate.

Positive Thinking

Ruth Cohen's life has been a daily challenge having been born with a rare congenital abnormality affecting her muscles. She still managed to get through University in Perth with an honors degree in Anthropology and a masters degree in Community Development from Brandeis University in Boston, Massachusetts. She worked for 15 years in the field of management and human resources and is now teaching Oil Painting at the Trinity School for Seniors in the city. She also does professional development work with individuals.

We all have to overcome some things in our life, some things that we feel stop us from the love and acceptance we need and deserve. This workshop is an introductory workshop to Positive Thinking and looks at the daily experience of balancing our emotions and some practical ways to find our centre when we are feeling overwhelmed, frustrated and worn down, so you will have more energy to communicate with confidence and to do it with flair!

Workshop 3 Saturday 5th April: Singing

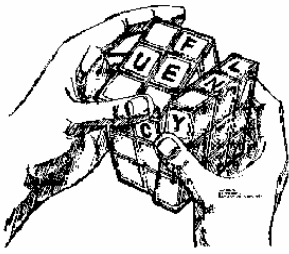
Digby Hill is a qualified trainer (Cert IV, BA Comms [hons]) who has been working with both Adults and children for over 15 years, 12 of which he has been teaching singing and taking community choirs, including One Voice Community choir in Fremantle, Akappella Munda, Glyde In Singers, Spooky Men's Chorale, VoiceMale. He has taught Communications at Curtin University in the Business School, as well as the Curtin Business Centre, tutored in Media at Murdoch University, taken workshops in Adult learning centres in singing, communications and computing, and was the Singing and Drama Art's worker at DADAA Midland for three years. Digby's interest in this course is in the interplay between the capacity for expression using the singing voice and listening skills, confidence, and the effect on general social confidence (usually evidenced through the level of interaction).

This singing session is designed to be a fun inter-participatory experience focusing on developing a feeling for music as a form as expression. There will be a range of simple memorable warm-ups before moving on to finding voice and breathing exercises consolidating the exercises with songs and simple harmony. The learning will be paced to

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match the majority, and cover a range of techniques and learning styles, as well as using exercises and songs from all over the world.

The participants should come away with

- * some simple warm-ups, songs and riffs to enable them to build and strengthen their vocal capacity
- * An understanding of basic breathing and singing techniques
- * A beginners understanding of harmony and harmonic listening
- * Confidence to continue to develop their voice.
- * A sense of the joy in communicating through music and more specifically through using their voice effectively

Workshop 4 Saturday 26th April: Drama workshop

Please wear comfortable clothing

Yvette Wall is a youth worker, community arts worker and youth work studies tutor with a Bachelor of Social Science (Youth Work) from ECU. She has a commitment to youth work and a passion for theatre and working in the community. Since her high school days she has acted on stage in a variety of roles that range from an ugly sister in a *Cinderella* pantomime to a neurotic New Yorker in *The Female Odd Couple*. Yvette has also worked tirelessly behind the production scenes. Over recent years, in Canberra and Perth, she has developed and facilitated drama workshops for children, young people and adults as Frog Prince Productions. She has also written and co-written a variety of scripts leading to performance and directed experimental works for community groups. Her most recent work was as director, co script writer and workshop facilitator for a group of young people of African heritage who developed a performance based on the theme of bicultural identity.

Yvette is delighted to be given this opportunity to facilitate a drama workshop for the second time with Speak Easy participants. The workshop will comprise a series of vocal and physical warm-ups as well as improvisation exercises based on forum theatre technique. Participants will have the opportunity to become strange and wonderful characters, develop scenes and allow their creative energy to fly! Yvette hopes that this workshop will allow participants to be comfortably *in the moment* and *react* in character without giving a second thought to the words that are spoken. When this process occurs, magic happens and confidence is increased. Yvette's motto is "go with it, trust it and whatever happens *happens*." Drama is a powerful tool that allows the individual to explore creatively, take risks and cross boundaries in a safe and enjoyable space.

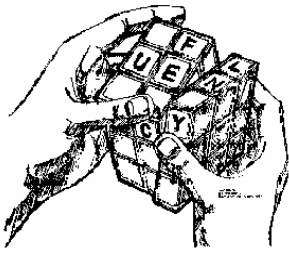
Participants:

- Adults who stutter
- Adults with other speech disability
- Adults who do not normally undertake these activities
- Any other adult who is interested in participating

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- Maximum number limit applies.

Cost:

- **Registration is compulsory.** Please fill in the registration form accompanying this information handout and return to The Speak Easy Association WA.
- There is no cost associated with attending these workshops thanks to funding from Adult Community Education
- **Please be considerate. It would be greatly appreciated if you cannot attend that you let us know at least a week in advance or as soon as possible so that we can use your spot for someone else who wishes to come.**

Venue:

1. Claisebrook Lotteries House, 33 Moore Street, East Perth, Conference Room. Please note: you can only enter Moore Street from Hill Street, East Perth.
2. Paid street parking is available on Moore Street
3. Alternatively, the venue is a short walk from Mclver Train Station (Royal Perth Hospital)
4. Building has disability access

Other Information:

- Please contact Charn if you require any more information 9225 4111 or email seawa@speakeasy.org.au
- This program has been made possible by funding from Adult Community Education and Department of Education.

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