



Welcome!

Community Advocacy Training: Public Speaking

Wednesday, June 4, 2025

Welcome Back!

1. Check-in: How are you feeling?
2. Icebreaker: What's your favourite place in the world?
3. Agenda:

Time	Topic	Presenter
	Welcome Back!	
9:30am – 9:45am	• Check-in • Revisit group agreement • Icebreaker	Chelsey Edwards, PTF
9:45am – 10:45am	Public Speaking 101	Chelsey Edwards, PTF
10:45am – 11:00am	BREAK (15 minutes)	
11:00am – 11:30am	Advocating to elected officials and Q&A	County Councillor: Diane Ballantyne
11:30am – 12:10pm	Practical Application Work Period	Peer Groups
12:10pm – 12:25pm	Check Out	Wind in your sails
12:25pm – 12:30pm	Closing	Chelsey Edwards

Group Norms

GROUP NORMS

- Feel safe to be open and honest – encourage open communication
- This is a welcoming and inclusive space
- This is a supportive and nonjudgmental space
- Show appreciation for what is shared and for the people in the room
- Be mindful of ways we might unintentionally cause harm
- Take accountability for your actions
- It's okay to make mistakes
- People show up in different ways
- Respect confidentiality – your story is yours to share
- You can start one way and change as you go
- Be mindful of phone use
- Move forward, move back
- Stay open-minded
- Remain patient with others' learning

PAT: Patience, Acceptance, Tolerance

- Use “I” statements
- Commit to learning, unlearning, and relearning

The 3P's of Public Speaking

Prepare – Start Off Strong

- 1) Understand your audience** – Know who you will be talking to: what are they interested in, what do they know, and what are their needs.
- 2) Set clear objectives** – What are the takeaways you'd like your audience to gain from your speech. What are you advocating for?
- 3) Structure your speech** – Write down what you'd like to say as a script that you can utilize.

Practice – Rehearse!

Rehearse, Rehearse, Rehearse.

The more times the better. The best rehearsal is one that is done out loud, as if you were really doing it. Stand up, pretend there is a room full of people and deliver it as accurately as possible.



Present – Show Up as Best as You Can

Choose comfortable clothes to wear, bring a water bottle, and arrive early so you can relax.

Stand (or sit) in a comfortable position that you can maintain while talking

Look up! Make sure to look out into the audience. You can make eye contact with individuals or you can scan the room.

Project your voice: make sure the people at the front, middle, and back of the room can hear you.

Be patient: don't rush through the presentation. Try to make sure that you are well paced and breathing during the speech.

Structuring Your Speech

Start Strong

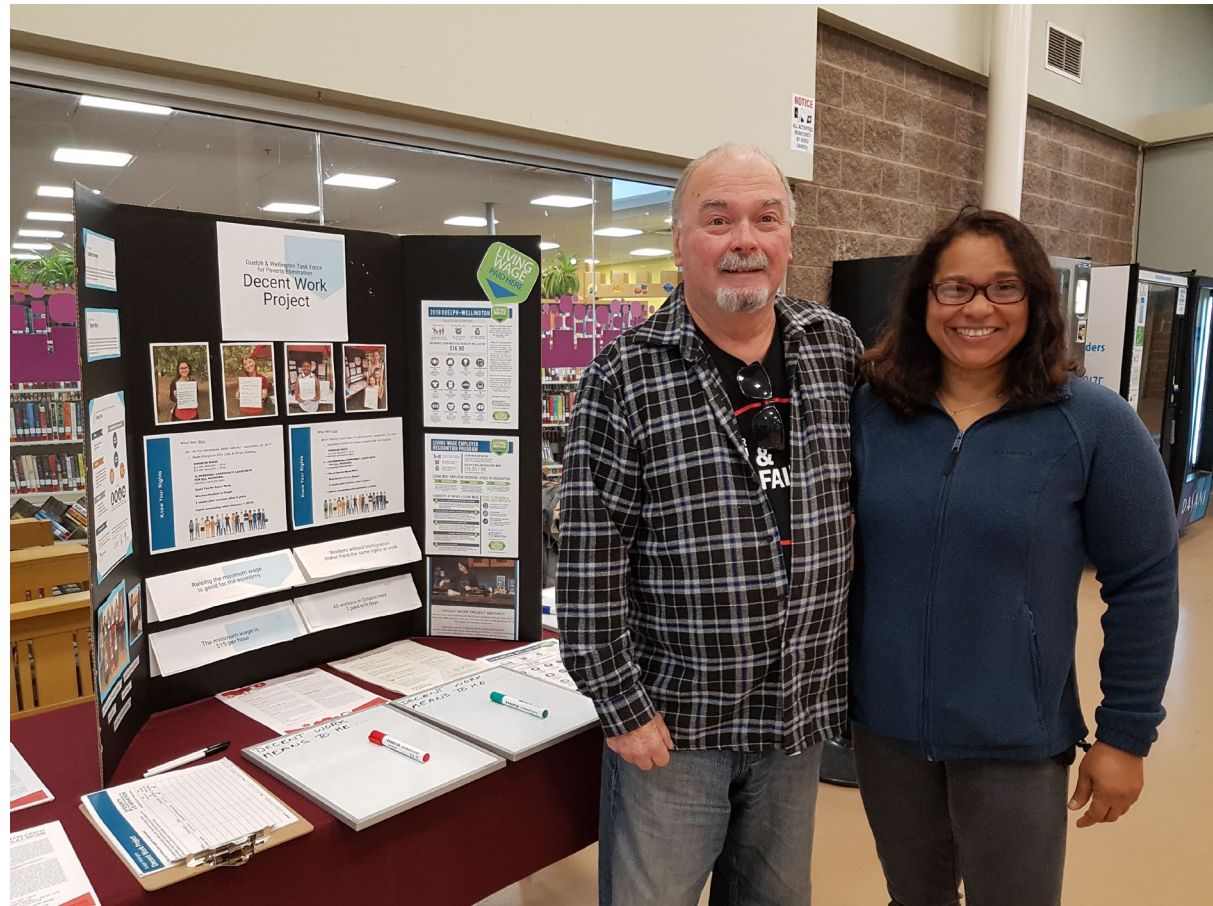
- Grab attention
- Be confident
- Don't rush
- Look out into the audience and look for anchors
- Smile
- Breathe deep

Keep Momentum

- Hit all your points
- Follow your notes while speaking
- Have strong transitions for all your points

Finish Strong

- Circle back to opening
- Summarize your message
- Remind of takeaways
- Have a clear big idea or call to action
- Close with 'thank you'



Special Guest:
Sharon Henriques
Community Advocate

Break





Special Guest:
Diane Ballantyne
County Councillor for
Ward 6

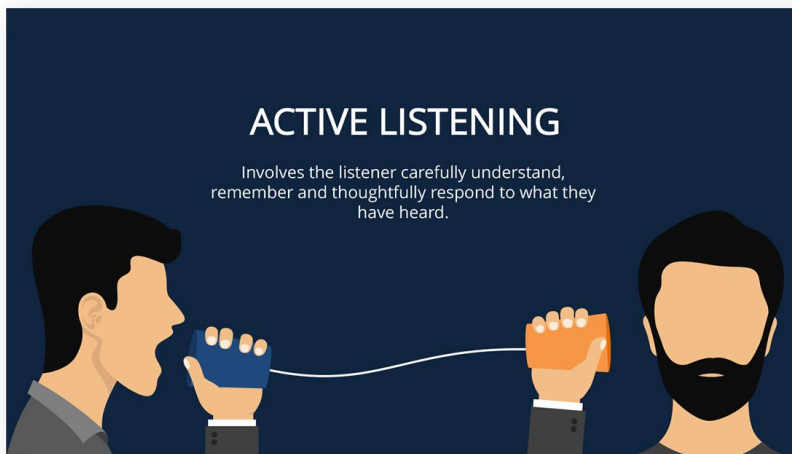
Being an Active Listener

Do's

- Listen more than you talk
- Let the speaker finish before you respond
- Remain present and attentive to what's being said
- Be aware of your own biases
- Give verbal and nonverbal messages that you are listening (e.g. nodding, looking at the speaker while they are talking)
- Listen for both feelings and content
- Give your full attention to the speaker
- Leave space for silence
- Ask open-ended questions at the end

Don'ts

- Dominate the conversation
- Interrupt the speaker – hold your questions and comments until the end
- Finish the speaker's sentences
- Jump to conclusions
- Respond with blaming or accusatory language
- Tune the speaker out
- Become argumentative
- Demonstrate impatience or multitask
- Mentally compose your responses about what to say next
- Listen with biases or shut out new ideas



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2 Minute Speeches

Time to work on our worksheets.

Your partner will be assigned to you!

Topics include:

- Living on social assistance or other income supports
- Renovictions
- Discrimination when finding housing
- Lack of accessible housing
- Unaffordable rents

Wind in Your Sails

Think of what can motivate you
with writing your story over the
next week

Thank you!

Thank you for coming!

Next week...

We will be going over advocacy!

Our next drop in sessions is on Monday, June 9th from 10am to 11:30am at the Grove Hub (737 Woolwich)

Transit to the Grove Hub:

Route 99 North, stop Woolwich and Marylin Northbound

Driving:

Free parking on site at the back of the building