



Course Length

The course initially runs for 10 sessions. However, you are off on the wrong track if you concern yourself much with the length of the course. Consider: How long does it take to get in shape physically? One month? Six months? A year? Okay, so now that you are in shape, do you stop exercising? No, you keep exercising to stay in shape. Battling fear is no different. Does this mean you will be attending the sessions until you are 90 years old? Of course not; but you should be constantly increasing your comfort zone by facing new challenges.

You are about to choose a difficult path requiring a courageous and sustained effort, but the rewards of following it far outweigh the sacrifice.

DAY	TIME
Tuesday	6:00pm - 8:00pm
Wednesday	6:00pm - 8:00pm
Thursday	6:00pm - 8:00pm

After course completion, participants exude mastery of the following;

- Persuasive speaking
- Proper planning for a presentation
- Audience management
- Delivering a formal presentation
- Moderating a business meeting
- Managing one's nerves and exuding confidence
- Delivering an effective impromptu speech

Fees:

Course fee per Individual: **UGX. 500,000**

Pay to:

Mobile Money on MTN #: **0776 995826**
or
Public Speaking Uganda Limited
Orient Bank Ltd
25784002010101
Main Branch

Intakes:

On a rolling/continuous basis

Venue:

Emin Pasha Hotel Boardroom

Contact address:

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PUBLIC SPEAKING
UGANDA (PSU)

LEARN, PRACTICE & EXCEL AT PUBLIC SPEAKING



Class in session

Introduction

PSU is a recently established course intended to build the communication skills of Ugandan professionals through a therapeutic process of gradual exposure to practicing public speaking and ultimately overcoming anxieties and fear.

Adapted with permission from a program in New York City by Denis Akankunda Bwesigye, M.A, Dr.PH, this therapeutic course helps professionals with moderate to severe public speaking anxieties become dynamic and confident communicators in virtually any speaking situations, whatever the challenge (e.g., formal presentations, group discussions, business meetings, sales confrontations, and job interviews).

Target beneficiaries range from lawyers, university lecturers, consultants or researchers, politicians, bankers, non-profit personnel, government officers, and the average person, among others.



Vincent being awarded a certificate by the Denis, Coordinator PSF upon completing the course

Effectiveness of this course

Resolving to finally confront your fear is one of the most important decisions you will ever make. Success in this endeavor will change your career and better your life. This course offers the insight, guidance, and tools to aid you to become a confident public speaker. However, progress depends on your attitude and commitment.

The fact that you sought help and paid hard-earned money to enroll in the course means you are fed up with having fear limit your career growth and are ready to take action. The extreme frustration you may be feeling over your plight is not pleasant, but is a powerful motivator when harnessed properly. Use it to your advantage. You will need all the motivation it provides because you are about to conquer your fear!

Be forewarned. You are about to face one of the craftiest and most ruthless adversaries known to man. Unless you are prepared to be equally fierce and cunning, you will fall short of the mark.

Develop a warrior-like mentality in pursuing your fear by rooting it out and vanquishing it at every turn. Make it personal, and delight in each triumph. Vow to meet the challenge with gusto every time it rears its head, and do not give up until you have won.

Look at the challenge as an adventure with a priceless treasure as your reward. Use your anger and frustration to drive you past any obstacle encountered along the way. But, be smart, systematic and diligent.

This course is designed to expose you gradually to your fear in manageable steps. The term "manageable" should not be interpreted to mean "easy" or devoid of anxiety. The road to success is strewn with seemingly insurmountable obstacles. Knowing what to expect will help you muster the character to forge ahead when you feel discouraged.



Awarding of Certificates ceremony

Testimonials

Thanks to PSU, I learnt a lot of communication skills that I could never have imagined. Public speaking is one of things I rarely wanted but slowly, I am beginning to engage in it with less anxiety. Thanks to the organisers and all my mates, who provided with critical areas that I needed to improve, you gave me an experience to always remember.

Robert Kalega

I am now a better public speaker thanks to PSU. I am conscious of little things that make a big difference like gestures, eye contact, pace and length of what I have to deliver and I know better to stay in my lane which kills any anxiety. At PSU, you get more than public speaking sessions but a rich network of people who have achieved a lot but still open to learning and sharing.

Ntunga Dora

I came to Public Speaking Uganda, because like the name says, I wanted to learn to speak in Public. I had a serious case of social anxiety, and as such always held my tongue in any public setting. I wasn't very social for that reason. When I took up the course, the first issue that they addressed was that fear, I was greatly helped and encouraged and as such it spurred me on. Now I speak with a lot more freedom, have made lots of friends because I don't shy away from public gatherings, am getting more opportunities to speak to crowds of people-I love to inspire people. And am pursuing fields like Acting, because the instructor pointed out my gift of story telling. Public Speaking Uganda was a real life saver, many thanks to God who made all this possible, and my colleagues for the great encouragement, and the organisers of this course. I really appreciate.

Edams Akampa