

Upon completion of the training, teens are expected to have enhanced the below;

- Confidence levels
- Ability to articulate their points across easily
- Crowd control (winning the crowd)
- Ability to minimize and deal with pressure and anxiety
- Ability to use body language in communication



About the Course Coordinator



Denis Akankunda Bwesigye, MA, Dr. PH, earned his doctor of public health (Dr.PH) degree in Health Policy Management from the School of Public Health, State University of New York at Albany. He also holds a Master's Degree in Population and Reproductive Health Research from Mahidol University, Thailand.

Tips shared beforehand with the teens;

- Communication Basics/Qualities of Effective Speakers
- Proper Preparation, Planning and structuring should be encouraged.
- Emphasis on Non Verbal Communication: Body Language and Image (Examples should be shared)
- PowerPoint Presentation should be shared with the tips



Upon completion, certificates are awarded to each teen.



Contact us at:

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PUBLIC SPEAKING
UGANDA (PSU)

Teens Vacation
Public Speaking
Training



Self Esteem and
Confidence Teens Class

Introduction (Course Outline)

Research has proven that most public speaking fears sprout from our early childhood. This fear is further cultivated if a child is not encouraged or provided avenues to address people in different environments. The building of one's communication skills involves self-initiative and being conscious of the need to improve any weaknesses noted.

Public Speaking Uganda (PSU) is an avenue for providing the teens with a foundation for enhancing their communication skills. A class has specifically been designed to equip the teens with skills of speaking up clearly and confidently whilst becoming effective communicators.

Many a times, children are faced with shyness and inability to express themselves which condition affects their self-esteem as they are growing up.

This foundation lays ground and creates an excellent experience for students who are nervous about speaking in public to be creative while developing a versatile and effective personal speaking style.



PSU provides a unique, safe, and fun learning environment for the teens to practice and enhance this skillset and accordingly improve and grow their confidence and steadiness at a tender age.

A collection of colorful speech bubbles and decorative flowers. The bubbles contain the following text: "Learn the importance of first impressions!", "Adjust to the environment to avoid pressure", "Learn to be comfortable.", "Inspiring Audiences – enthusiasm, excitement, passion, confidence, sincerity", "Adjusting to the environment to avoid pressure", and "Build confidence levels". There are also several stylized flowers in white, pink, and purple.



Gain Confidence

Have Self Esteem



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