



<https://verdi-bub.de/seminar/4539>

## Themenplan

# Clear speech, strong impact!

## Mastering speeches as a works council member

Speech anxiety and inhibition as barriers to free speech:

- :: Origins and coping strategies
- :: Introductory techniques for and basic structure of a successful speech
- :: Body language as a means of expression
- :: Impromptu speech

Holding a speech at the works meeting:

- :: Preparation
- :: Structure and outline
- :: Designing a manuscript
- :: Aspects of speaking effectively (breathing and voice techniques, gestures)

Practical exercises and content development for a sample speech based on the Works Constitution Act:

- :: Possible measures to protect employees' health and safety

Conducting a sample meeting:

- :: Staging and taping of a works council meeting
- :: Group reflection on the content: Answering questions
- :: Dealing with disruptions

How to implement the learned strategies in the workplace