

Session Title:	Speak Easy: Own your space
Speaker(s):	Matthew Powell
Chair:	Reena
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Speaker/Institution Bio/Information:	<p>Started off as different company called Loud Speaker- still around. Started in Covid, goes all across country and runs sessions on resilience, confidence and other areas that people struggle with.</p> <p>Year 10-Year 13- all walks of life, Speak Easy is corporate version of Loud Speaker- Work with professionals rather than students.</p> <p>Matthew- Sport, loves sport, plays a lot of football. Supports Man City.</p> <p>Fact 2- 6 years ago something really bad happened to him, split from his long term girlfriend. Picked himself back up and headed to Manchester, got off the train and locked eyes onto a guy in a suit- this man was giving him the opportunity to go onto a TV show, NOT love Island. But Married at First sight!</p> <p>All for this until friends started getting involved, pulled out of MAFS, was on Waterloo road though!</p> <p>Fact 3- Grew up as a young carer. Was part of a young carer group, got into group of lads who didn't think they were able to go to university to achieve their dreams.</p> <p>Got invited down to house of commons to talk to those in parliament about how it is to be someone like him. That got him thinking about this company and working with young people.</p> <p>Go to all schools and education to help studies to help them to feel empowered and feel confident to go to university etc.</p> <p>Matthew lived in a violent household, troubled childhood, no security and a lot of worry.</p> <p>Always felt like he couldn't achieve what he wanted to achieve.</p>
Overview/Aim of session:	<p>Learn about body language</p> <p>Win some fun things</p> <p>Do young people buy into us?</p>

Workshop Content

- **Big energy.**
- **FAIL is just your first attempt at learning**
- **Bring your own stories to those sessions, be relatable and show that you can succeed despite setbacks.**
- **Authority is key, but also knowing that young people don't care what your job title you have, get your passions across so they can relate straight away. If you get those snippets into your life, you are onto a winner.**
- **Likeability- IF a young person just decides they don't like you, then you're done, they hold grudges!! But try to get them on side, body language, eye contact etc.**
- **Authenticity- be unapologetically yourself**
- **Storytelling- great way to buy into you and get them on side.**
- **Social media has made it hard for young people to realise that the celebrity life isn't the same as theirs.**
- **Loves- the loves in our lives are the important parts of our lives.**
- **Challenges are really important- failed driving test, failed his degree**
- **Success- no success without failure and challenges. Has now got a masters and is working towards level 7!**
- **A big challenge is bringing the energy when you might have things going on that sap that energy.**
- **You cannot achieve things without first falling down, picking yourselves back up and getting better and learning.**

Tangible techniques for body language:

- **F.A.M.E-**
- **Face- a smile costs nothing, speak to them**
- **Arms- Arms and how you hold them say a lot about people, clicker in hand helps, interlock fingers and keep them in front. Place things around the room, pointing to different places will associate certain info to them.**
- **Movement- Standing still is so powerful, especially good for authority. Move is fine, but not too much, don't let it look to nervous.**
- **Eye contact- 2/3 seconds is perfect amount of time to look and keep that eye contact. Too much eye contact, or singling one person out is weird! Z technique, look across the room like a Z!**
- _____

<p>Scenarios/Roundtable discussions:</p>	<p>What makes people actually want to listen to you:</p> <ul style="list-style-type: none"> - Being relatable to the young people, get on their level, having something in common. - Seeming like you know what you're doing - Strong communication skills, tone of voice etc. - Students wanting to know info - Understand what they actually want to find out - You've got quirks and flaws, things that they also might have. - Authenticity, ability to be soft and see themselves in him. - Showing a caring interest in them, adds to that relatability, then they feel able to open up. <ul style="list-style-type: none"> - Activity- 3 people, PP karaoke. - Blind presentation, on the volunteers to improvise on the slides, us to vote!
<p>Questions and Answers:</p>	<p>They run sessions for staff and more importantly for academics- email matt@loudspeaker.org.uk Unicorn- quote it to get 10% off first session.</p>
<p>Summary/Key takeaways:</p>	<p>Authenticity- be unapologetically yourself, be real with them! Its all love- people want you to win, nobody wants you to fail, so relax and do your best. Flip the script- Don't learn the script, make it your own and know it so you can make it yours and make an impact. Weird is good- be yourself! You're not boring, don't pretend to be. Practice is not fun- helps but don't be too scripted.</p>