

Location & Course Dates

Courses are held throughout the year and are offered at various times, days and locations throughout Northern Virginia. *Speak Up!* can be conducted in community centers, business offices, churches and participants' homes.* Discounts are offered to students who host *Speak Up!* in their home. Programs are scheduled when 12-15 participants enroll in a course. The Intermediate and Advanced Courses will be offered beginning in 2005.

* The training room must accommodate 16 people comfortably.

Registration & Fees

The fee for each course is \$140.00 per participant and is payable prior to the first class. Fee includes instruction, text and supplies. An additional fee may be added depending on the facility. Each course consists of seven weekly classes which last between seventy-five and ninety minutes. Payment may be made to Terra Publishing, 4103 Plaza Lane, Fairfax, VA 22033-3019. (703) 263-2468, lynn@bobgriesemer.com.

100% Guarantee

Students who attend every class and prepare assignments to the best of their ability will experience **dramatic** results. If you are dissatisfied with this course, you may inquire about a refund.

Terra Publishing
4103 Plaza Lane
Fairfax, VA, 22033
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Speak Up!

A Public Speaking Program for Young Adults



In just seven weeks, you will gain a foundation that will LAST A LIFETIME!

The *Speak Up!* Program consists of three seven-week courses: Beginners, Intermediate and Advanced. Each course is independent from the other and includes instruction, experience giving prepared speeches, evaluations, impromptu practice and small group activities. Highlights of each course are listed below.

Beginners

- how to combat fear
- how to write and organize a speech
- present two prepared speeches
- what to do if your mind goes blank
- delivery techniques
- how to give a speech with few or no notes
- how to evaluate speeches
- impromptu speaking practice
- secrets of successful speakers and much more
- Requirements: students must be in high school and be at least 14 years old

Intermediate

- how to use props and visual aids
- how-to speech
- persuasive speech
- extemporaneous speech
- impromptu speaking practice
- how to influence your listeners
- speech evaluations and more
- some speeches will be videotaped and played in class
- Requirements: students must have completed the Beginners Course or equivalent

Advanced

- informative speech with question and answer session
- entertaining speech
- impromptu and extemporaneous speeches
- jokes, humor, storytelling
- college and job interview secrets
- evaluation panels and more
- Requirements: students should be juniors or seniors and must have completed the Intermediate Course or equivalent

Benefits

- emphasis on practical experience
- learn how to write and deliver speeches
- increase your comfort level while speaking in front of groups
- improve thinking, listening and speaking skills

To ensure maximum benefit for each participant, course enrollment is limited to fifteen students. More than just an instructor, Lynn will serve as your personal coach on your journey to excellence.

Testimonies

When I started Mrs. Griesemer's public speaking class, I didn't know anything about how to write or give a speech. After only seven weeks of the class, I had given four speeches and felt confident about speaking in public!

-Zachary See, student

Lynn Griesemer is very passionate about helping today's youth improve their communication skills. Her Speak Up program is excellent and will benefit anyone who participates, both the young and the not so young!

-Kevin Engle, Award-winning Speaker

Before attending the class, my daughter was very uncomfortable speaking in front of an audience. With the training she received from Lynn, she now has much more confidence in herself and is able to present herself in a professional manner to any audience. The goals Lynn set for the students were very clear. This enabled the student to focus and learn each technique and apply it to the presentation of their material.

-Maria Cunningham, parent

Overall the program challenged Christine, taught her skills that will help her be successful in almost any pursuit, helped her gain confidence and poise in public, and expanded her knowledge. These things will support her further growth in 11th grade and in the future. Thank you, Lynn for the exceptional help and your commitment to our kids.

-Robin Pollino, parent



Meet the Instructor

Lynn M. Griesemer is a nationally known author who has been featured in *The Washington Post*, *To the Contrary* (PBS Program) and has appeared on various television and radio programs. She received Toastmasters International's

highest award in 2006, the Distinguished Toastmaster Award (DTM). A mother of six and homeschooler since 1994, she currently homeschools her two youngest children. She is a former Human Resources Manager and Army Officer. She received her B.A. in psychology from Boston University and M.S. in Human Resources Management and Development from Chapman University. As a former shy child, she knows the many obstacles that interfere with successful speaking and has compassion for those who fear speaking and those who lack confidence. To contact Lynn, write her via email: lynn@bobgriesemer.com.

Who Should Take This Course

Many people will have the opportunity to speak publicly during adulthood, yet most people reach adulthood ill equipped for public speaking. This program was designed to complement high school curriculums and give teens the skills they need to speak successfully. *Speak Up!* is also appropriate for young adults.