



# *PRESENTATION SKILLS CURRICULUM*

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# Meet The Team



**Mariela Adams, M.S.**  
*Program Manager*



**Nichole Hastings, B.S.**  
*Self-Advocacy Coordinator*



# Our Mission

To empower self-advocates with the professional skills needed to share their lived experience in a way that reflects their advocacy goals and empowers them to create impact while respecting their individuality and personal boundaries.



# Our Methodology: Deconstructing a presentation.

Presentation skills  
coaching sessions.

Individual style  
and tone.

Individual interest



# Our curriculum delivery options.



*10 SESSIONS DELIVERED REMOTELY.*



*4 HOUR SESSION - IN PERSON*



*1 HOUR PRESENTATION TO PROFESSIONALS.*



*PRESENTATIONS BY OUR SPEAKERS.*



# Our Content

## *Foundational skills*

- Finding your tone and personality as a public speaker.
- Finding your topic as a public speaker.
- Structuring a presentation.
- Choosing a presentation type that fits your message.

## *Delivery skills*

- Creating impact with your opening and closing statements.
- The art of Storytelling.
- Setting yourself for success on presentation day.
- Panel participation strategies.

## *Long-term skill building.*

- Creating your public speaking career
- Crafting your introductory outreach email.
- Taking charge of your public speaking career.



# What makes a good format for a presentation?



What helps?



What hurts?



# Discovering your style



Pictures



Bullet points  
on each page.

# The Art of Storytelling

Beginning	Middle	End
Mirroring	Obstacles	Reflection
Emotion	Tension	Insight
Intriguing	Mystery	Connection
A hook	Imagery	Unique perspective



# Our Facilitation Design.



**“Nothing about us without us”**



**Active Learning**



**Building a community of role models.**



**Learning from relevant experts.**

# “Nothing about us without us”

- Self-Advocates are part of the curriculum development team.
- Self-Advocates are part of the facilitation team.
- Use of plain language in the content development.
- Use of plain language in the session delivery.

# Active Learning

- **Classes are designed with 15 minutes of instructional time and 45 minutes of group activity.**
- **Participants are recruited with an understanding that active engagement is expected in the course.**
- **Our goal is to have group discussions with back and forth between the students.**
- **Emphasis on role plays, like a mock panel.**



# Building a community of role models.

- We incorporate self-advocates guest speakers in as many sessions as possible.
- We want to encourage Peer to Peer Learning.
- We want participants to meet self-advocates that are building a public speaking career.

# Learning from relevant experts.

- Using examples for class discussion of famous speakers with disabilities.
- We use TedTalks from speakers with disabilities to help participants develop their own style and tone as a speaker.

# Public Speaking as a lifelong journey.

- We emphasize growth and not perfection.
- We support them individually throughout the ten week course.
- We support self-advocates by finding public speaking opportunities for them.
- We provide ongoing feedback on their skills.

# Closing thoughts



**We want to include self-advocates to the decision making table and give them the skills they need to do so in a way that reflects their best self.**



**Sharing the individual journey should feel empowering.**



**Developing insights and reflections about the lived experience is an important part to a student's self advocacy journey.**



**The perspective of the lived experience is the most impactful one.**

# Ways to engage with this work.



Invite us to speak about honoring the lived experience to school professionals.



Invite us to talk to self-advocates about self-advocacy and sharing their lived experience.



Talk to us about customizing this training to your organization.

# Thank you!



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