



Speaking with Confidence

Public Speaking & Communication Workshop

GRADES 7-12

60 MINUTES

UP TO 30 STUDENTS

IN PERSON

Recommended for

- English Language Arts 7-9 and English 10-12
- English/Communications and Advanced English
- Career Development 10-11 and Co-operative Education 10-12
- Community-based learning, O2, leadership and student groups

Workshop focus

- Understanding why speaking situations can feel intimidating
- Practical strategies for managing nerves and approaching the moment
- Building confidence through reflection and supported participation



Curriculum Connections

- Clear communication: Learners communicate information and ideas effectively and clearly, considering situation, audience and purpose (GCO 2-3).
- Audience and delivery: Grades 9-12 adapt vocabulary, sentence structure, rate of speech, language and delivery to different audiences, purposes and speaking occasions.
- Verbal and non-verbal communication: Learners recognize and evaluate how voice, posture, gesture, eye contact and other features shape a message.
- Speaking and listening: Learners participate constructively in conversations and group discussions while using active listening and respectful response strategies.
- Drama connections: Learners use speech, movement, gesture and stillness to interpret and communicate meaning, take learning risks and reflect on growth.
- Career readiness: Career Development and Co-operative Education emphasize self-awareness, transferable skills, workplace readiness, reflection, resilience and confidence for future pathways.

Curriculum note: These connections describe how the workshop can support curriculum learning. They do not indicate provincial endorsement or replace teacher-led instruction.

Official sources: Nova Scotia ELA 7 and 8 At-a-Glance (2022); ELA 9 Outcomes (2022); 9-12 Foundational Literacy Learning; English 12 / English-Communications 12 / Advanced English 12 Outcomes (2025); Drama 10-12; Career Development 10; Co-operative Education 10-12. curriculum.novascotia.ca