


Mentorship and Public Speaking

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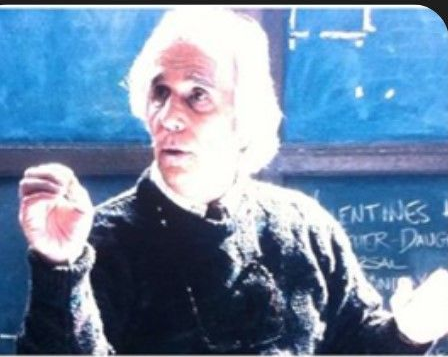
Amarilys Santiago Rivera, BA, Administrative Assistant,
Ponce Research Institute

Ailing Zhang, MS, Sr. Grants Manager,
Morgan State University

A man and a woman are riding a roller coaster. The woman, on the left, has blonde hair and is wearing a pink shirt and a black vest. The man, on the right, has a white beard and is wearing a plaid shirt. Both are wearing sunglasses and have their mouths open in a shout. The background shows the red tracks of the roller coaster and a clear blue sky. A yellow starburst speech bubble is on the left, and a blue cloud speech bubble is on the right.

Frickey, frack!!!
...son of a
biscuit eater....
mr rabbit.....
she is driving me
up a wall

That was
really
FUN!



BECOMING ME

Overview

Public speaking is one of the hardest things to do. Mentoring is one of the most valuable ways to set someone up for success. So why not use mentoring as a ways to develop and improve public speaking skills.

During the session, the panel will offer useful insights and hands-on advice gained from their own mentoring experience. What sets this panel apart is its focus on not just the technical aspects of the job, but also on the confidence-building that comes from mentorship. This serves as a live example of the transformative power of mentoring in professional development.

Through this experience the mentor and mentees found comradery, motivation, inspiration and a safe place to practice and get feedback about their public speaking skills.

Objectives and Goals

1. We hope that you will get excited about public speaking.
2. Learn tips and tricks for effective public speaking.
3. Want to develop your own mentoring for public speaking cohort.

GOAL: Help Ailing and Amarilys become part of the SRAi community.

Outline

What We Did

15 Minutes of Fame

Conclusion

Questions and Answers

What do you want to learn from this session?

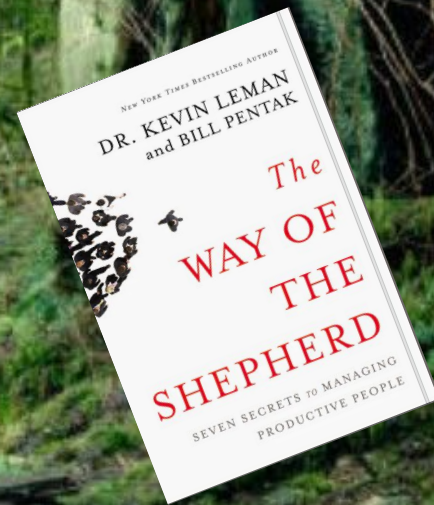
Nobody has responded yet.

Hang tight! Responses are coming in.



Why Mentor for Public Speaking?





Imperfect Approach

Time Commitment - Anticipate Competing Demands

- Scheduled regularly meeting time

Support

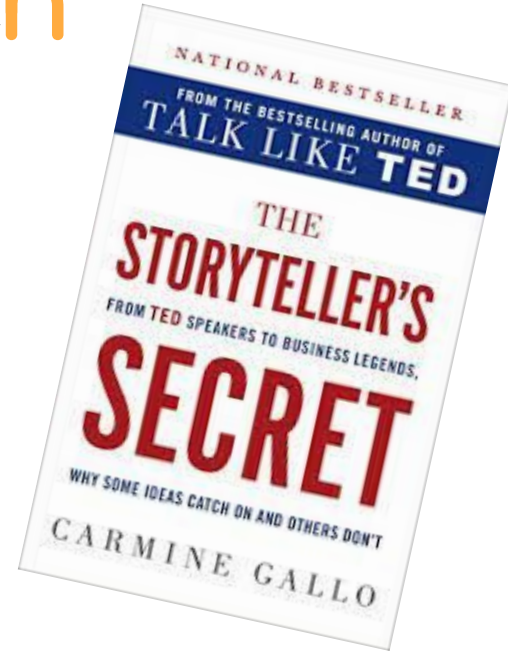
- Bilingual Shy Mentees
- Practiced...we practice some more...and practiced again
- Every session we applied and discussed the prompts and ideas

Identified Target and Agenda

- We worked through and agenda - Using the storyteller secret

Anticipate Imperfection

- Work through challenges and conflict when if it arises
- Speak up and ask for clarification



Google Slides Collaboration

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Anita Mills
8:35 AM Sep 20

@dandujar@psm.edu

@amarilys.santiago4@upr.edu

@Ailing.Zhang@morgan.edu What do you all think about this revised description?



AMARILYS SANTIAGO-RIVERA
9:38 AM Yesterday

I think it's very well explained.



Doris Andujar
4:31 PM Yesterday



Ailing Zhang
4:51 PM Yesterday

I concur with Amarilys and Doris!

Good Afternoon,

I wanted to send you a quick email reminding you that we will practice our presentation today. I had to change the day because I will be out of town for a funeral the rest of the week. Let me know if today doesn't work, and we can do something next week.

Agenda

- Practice – Ailing and Amaryllis slide development

Be sure to create your slides in the deck below.

PRESENTATION PRACTICE DECK: (Slide deck for the slides we will present at each meeting): https://docs.google.com/presentation/d/1PXKD1gS_q0e8ocZtn8H5hEBgTVERJx0C9WZEne3qkCY/edit#slide=id.g2792cd71fdc_1_0

PRACTICE:

Telling your story slides.....

Notes from the Storyteller Secret - Stick to the rule of three

Beginning with Aristotle and continuing through Pope Francis today, the world's greatest storyteller sticks to the rule of three because it accomplishes three things.

- It offers a simple template to structure your story.
- It simplifies your story so your audience can remember its key messages.
- It leads to the ultimate goal of persuasion - action!

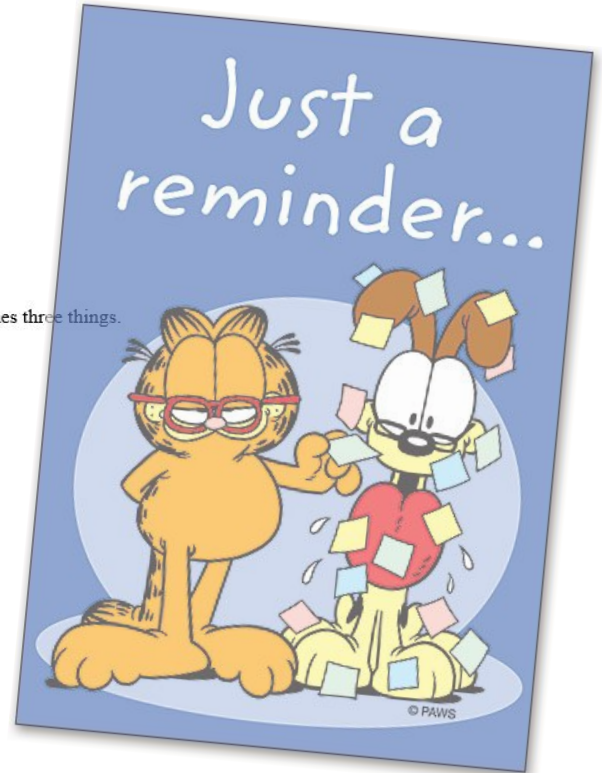
Prompts from Storyteller Secret:

- Can you divide your key points into a category of three? Where else in your presentation can you package content into three key points?
- What stories are you going to use? Can you identify one story to align with each of the three key points?

Looking forward to seeing you all later today.

Anita

Anita Mills, MA, CRA



Example of the Guidance - My Journey - 15 minutes

- Tell Their Story - Amarilys/Ailing - Slides for reference and present
 - Intro **“Hi My Name Is”**
 - Speaking Second Language - How this helped communication
 - Dealing with The “What If” - the internal barriers getting past fear
 - Thoughts on presenting before Mentorship and After Mentorship
 - Guidance to keep going...support
 - What did you learn about persuasion?
 - Building Confidence
 - Preparation
 - Developing engaging slides

HELLO

My Name Is

Exercises

Hi my name is _____, I am _____, I work at _____.

The TEAM



Anita Mills

Mentor



Doris Andújar

Co-Mentor



Amarilys
Santiago

Mentee



Ailing Zhang

Mentee



**"In the future,
everyone will be famous
for 15 minutes."**

Warhol - 1968

My Journey / Story Mentee - 15 minutes

- Tell Their Story - Amarilys/Ailing - Slides for reference and present
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Greetings:

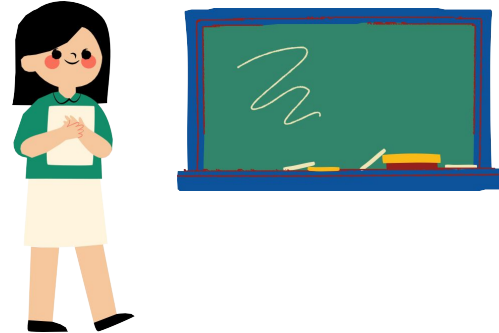
Amarilys Santiago Rivera

Administrative Assistant



✓ 1st time attending SRA

✓ 1st presenting



TEAM CHECK IN

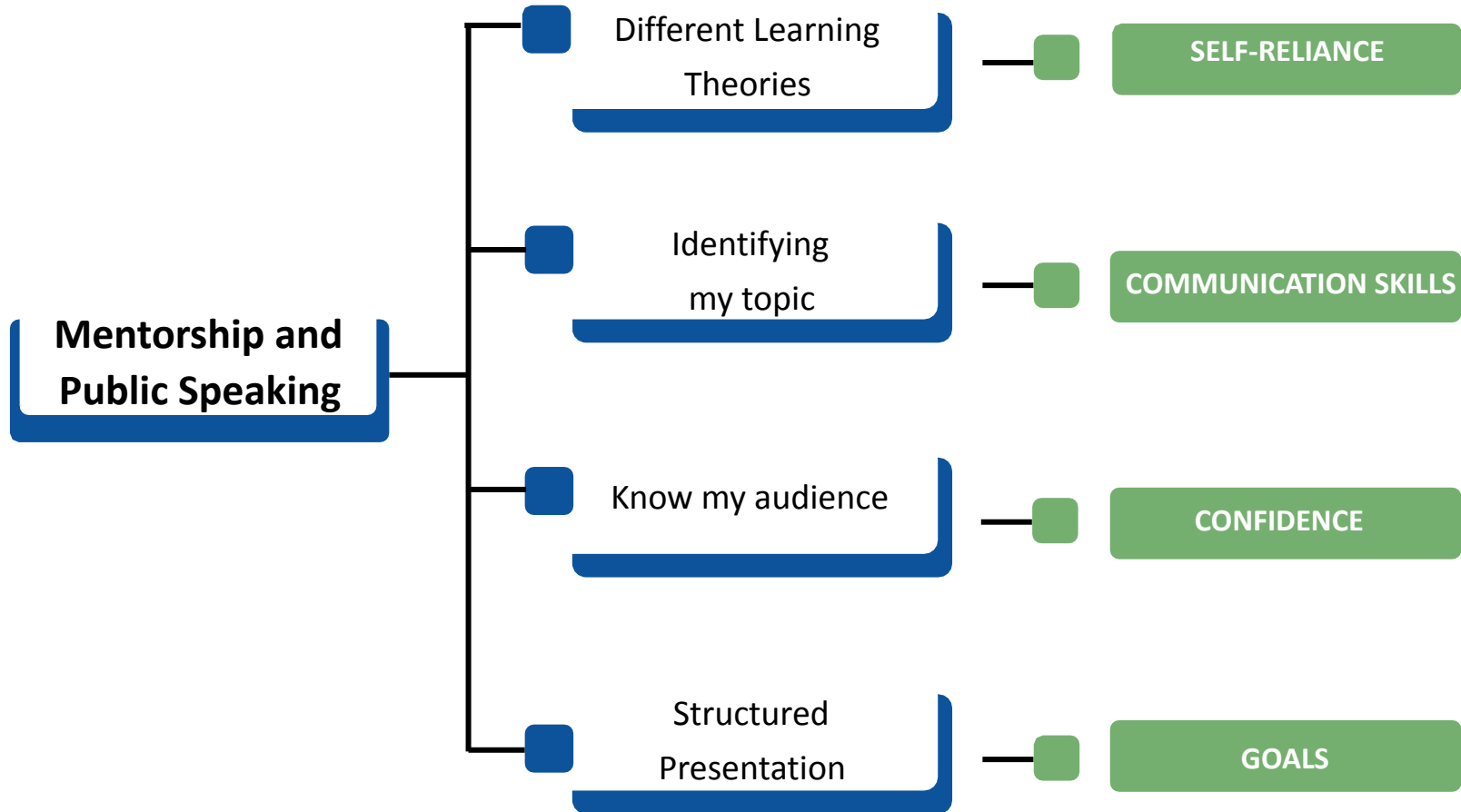
Have you had a fear or challenge that you know you can overcome but simply decided to ignore it?

My Story



My Story

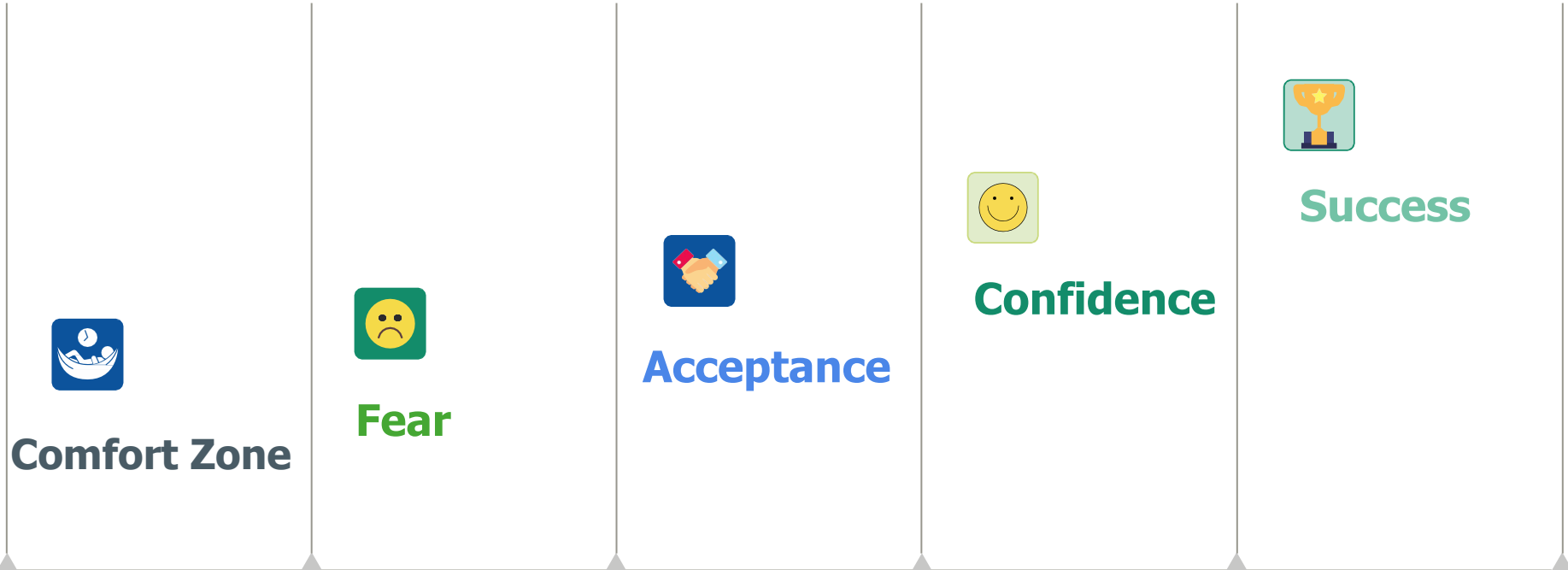




On my way to



Mentorship and Public Speaking



My Journey to Confident Public Speaking

Ailing Zhang, MS

- Senior Grants Manager
- Office of Research Administration,
Morgan State University



Overcoming Initial Hurdles



LACKING
CONFIDENCE



FEAR OF PUBLIC
SPEAKING



LANGUAGE
BARRIER



TURNING POINT:
MENTORSHIP BY
ANITA MILLS

Gaining Confidence and Skills

Steps to Overcome Fears

- Gaining Confidence Through Practice
- Learning From Other Members Of The Team





Perfecting Communication Skills

Mastering Content and
Organization

Connecting with Audience

Creating Engaging Visuals

Effective Non-Verbal
Communication

Persuasive Speaking and Continuous Improvement

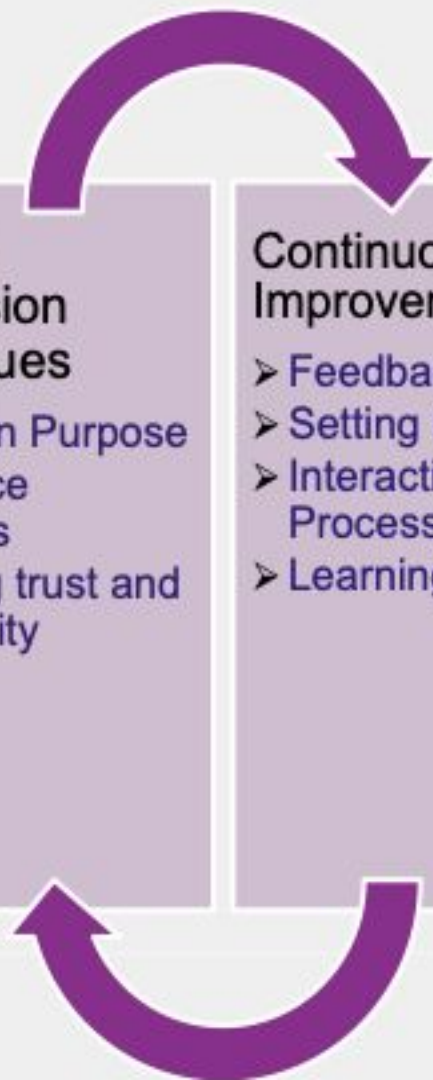


Utilizing Persuasion Techniques

- Clarity in Purpose
- Audience Analysis
- Building trust and Credibility

Continuous Improvement

- Feedback
- Setting Goals
- Interactive Process
- Learning Culture



Achieving Goals and Personal Growth



Clarifying and Prioritizing Goals



Creating Actionable Plans



Balancing Work and Life

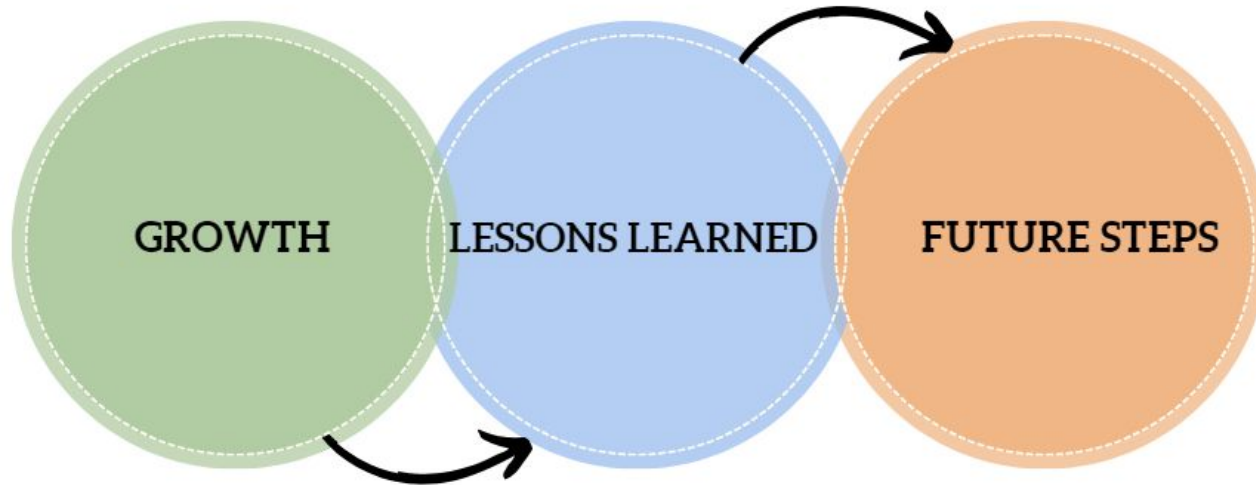


Seeking Mentorship and Self-Care

RECAP



Conclusion





CONTACT US



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Canva

<https://www.canva.com/>



<https://www.toastmasters.org/>

