

Tuesday **20 April** 2010

16.30-18.30 in London's Living Room

# 'Speaking Out'

GLA WOMEN'S NETWORK FORUM EVENT

**16:30 - 16:35**    **Welcome!**

**16:35 – 16:55**    Inspirational speaker - **Rosie Boycott**, Chair of London Food will be talking of her own experiences with public speaking and the fears/barriers that she has personally overcome.

**16:55 – 17:10**    Presentation from 'Speaking Out': looking at common concerns about public speaking and practical ways of dealing with them, how to feel comfortable and speaking from a woman's perspective. Presenter: **Katie Streten**, 'Speaking Out'

**17:10 - 17.20**    A relaxed break to let it all sink in!

**17:20 - 17:50**    Workshop 1 – Facilitated by **Katie Streten**, 'Speaking Out'  
**'Making public speaking easier'** – overcoming fears of speaking in presentations or meetings, how to look and feel confident, controlling outward appearance and nerves

Workshop 2 – Facilitated by **Emer Coleman**, London Alliances Project Director  
**'How to speak confidently under pressure'** – improving your public speaking skills and confidence, with a focus on challenging situations and male-dominated environments

Workshop 3 – Facilitated by **Chris Heillman**, 'Speaking Out'  
**'How to be a compelling speaker'** – improve your public speaking skills, making a great impression, and how to engage and inspire your audience

**17.50 - 18:30**    **Informal drinks reception**

# 'Speaking Out'

*Rosie Boycott*

*Chair of London Food - GLA*

Rosie was appointed by the Mayor in 2008 to be the Chair of London Food to help improve Londoners' access to healthy, locally produced and affordable food. She also writes and speaks regularly about the importance of food in improving health and in reducing the carbon emissions, which cause climate change.

She founded Spare Rib, a feminist magazine, in her early 20s and was the UK's first female editor of a British daily newspaper, the Independent on Sunday. Rosie was editor of the Daily Express. She owns a smallholding in Somerset and has written a book about her experiences on this farm, 'Spotted Pigs and Green Tomatoes – a year in the life of our farm'.

Her ability to persuade through speaking and writing and her passion for the subject of food led her to develop Capital Growth which was launched last year by the Mayor, to boost "grow your own" by creating 2,012 community food growing spaces by 2012. The scheme, managed by London Food Link, now has hundreds of spaces being cultivated in a diverse range of places including canal banks, schools, roofs, private gardens open to the community and parks. The programme was awarded a Royal Horticultural Society (RHS) Commendation last year for its success in getting communities growing and has launched a competition to encourage primary age pupils to grow food in their school grounds.

*Katie Streten*

*Head of Digital Strategy, Imagination*

Katie is involved with 'Speaking Out' as a part of her never-ending quest to see more women represented at conferences and events.

Her approach is very practical, and she grilled her colleagues to find out their fears of public speaking and then set about addressing them. She convinced 'Speaking Out' organiser Laura North to introduce an event despite her dislike of public speaking.

Katie's role at the design agency Imagination includes responsibility for developing insight, constructing narratives for/with brands, and making them happen in a digital environment – online or offline.

She has 12 years experience of managing sites and communities online, including working for companies such as Thomson International, London's Science Museum and most recently at Channel 4. She was Managing Editor of 4Learning, managing the provision of creative educational projects, and responsible for the channel's factual output on the web from News and Sport to Culture, History and Science.

# 'Speaking Out'

Chris Heilmann  
Developer Evangelist, Yahoo!  
- 'Speaking Out'

## 'Speaking Out'

Chris is a prolific speaker and an inspiring example of how to be a great public speaker without having to pretend to be something you're not. He's been a Web Developer for almost 10 years and is currently a developer evangelist for Yahoo! which means he travels around the world speaking about his work.

His list of speaking engagements would make even the most seasoned and confident speaker shake with anxiety, even if only due to lack of sleep and jet lag.

Chris has got many practical ideas about how to engage an audience, ways to reduce pressure on yourself as a speaker and, most of all, how to be yourself.

He was voted Most Inspiring Speaker in the Slideshare Zeitgeist competition 2009. He wrote his first book because he was bored on the tube, and he's written a chapter about how to make a good presentation as part of his Developer Evangelist book.

'Speaking Out' runs workshops and events to help people, especially women, develop their public speaking skills. We believe that public speaking should be about having constructive conversations, rather than impressing an audience or being distracted by nerves. Our events help:

- Overcome fears about speaking in public
- Improve outward symptoms of nerves
- Show you how to be a good speaker by being yourself
- Give you the skills to make you into a compelling speaker

For more information contact Laura North on [laura@speakingoutevents.com](mailto:laura@speakingoutevents.com) or go to

[www.speakingoutevents.com](http://www.speakingoutevents.com)