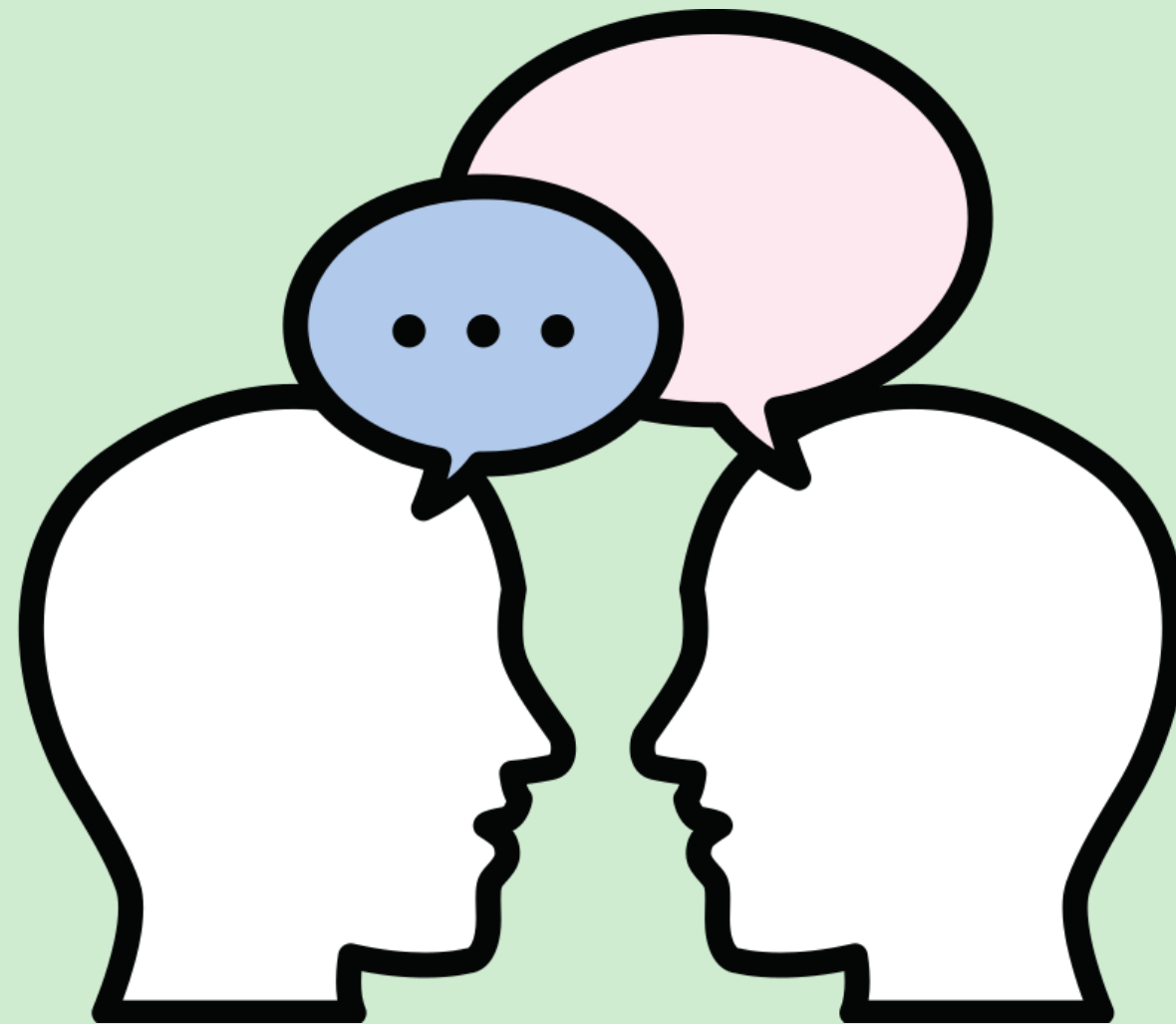


***Build The Skill:
Communicate With Confidence***





The Agenda

1

Introduction

2

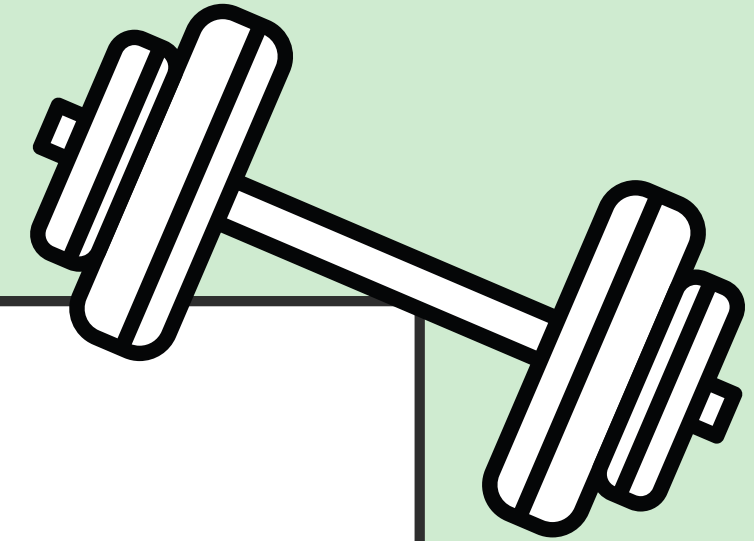
How To Build The Skill:
Soft Skills + Hard Skills

3

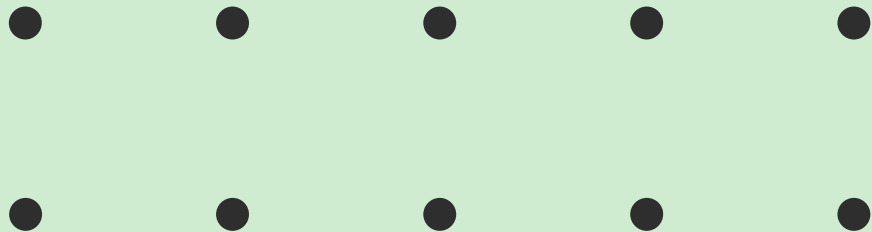
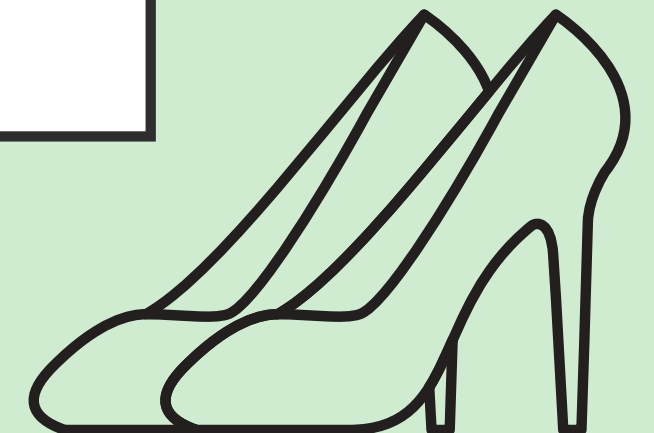
Bonus Tips / Advice From Professionals

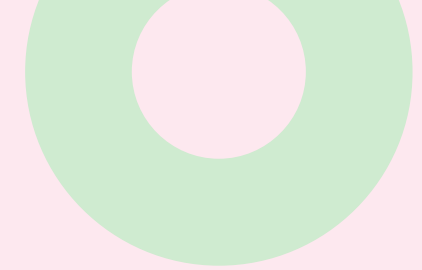
4

Question & Answer



What you say *and* how you say
it are equally important.
Confidence is something people
can see, hear and feel.

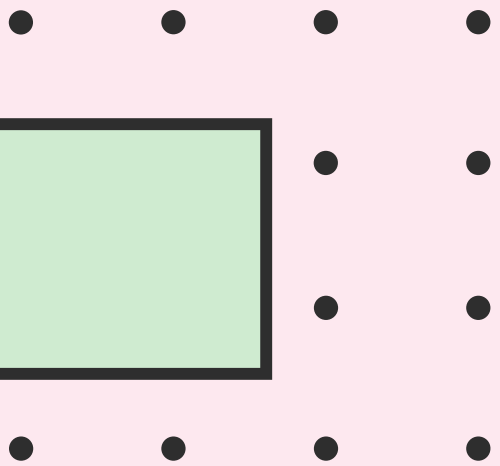




***Jacqueline
Stansilas***



My Journey



Do Things That Build Your Confidence

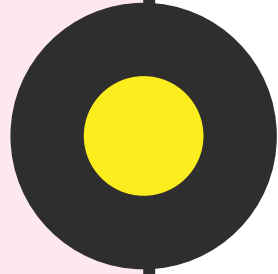


Take Time To Know Yourself: What Makes You Tick?

Engage In Enriching Activities:
Workout, Journal, Meditate, Socialise, etc

Reticular Activating System (RAS):
Practice Positive Self-Talk & Shape Yourself





AUTHENTIC

Be You



**"DON'T FAKE IT
UNTIL YOU MAKE IT"**



Be Genuine, Not Manipulative.

Humans Relate To Authenticity.
Artificiality Creates A Wall.

Embrace Your Experiences, Roots, Skillset & Flaws.

You Deserve A Seat At The Table.



Be Present

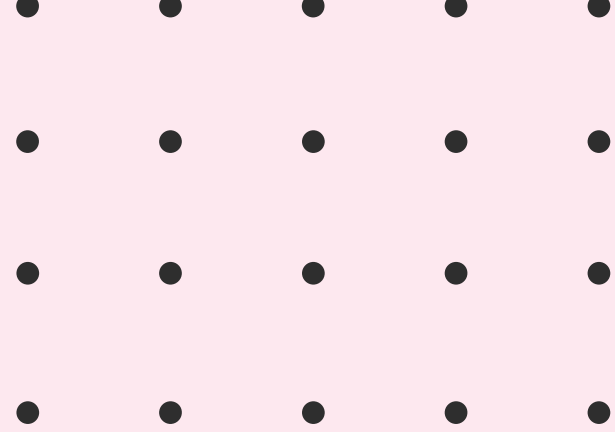


Be Socially Aware. Connect & Bounce Off Your Audience.

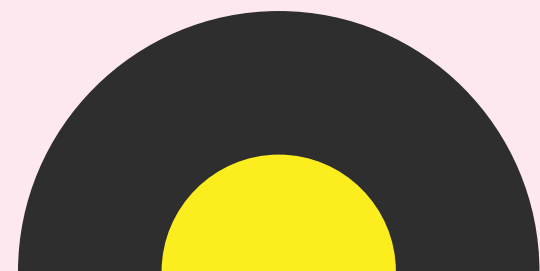
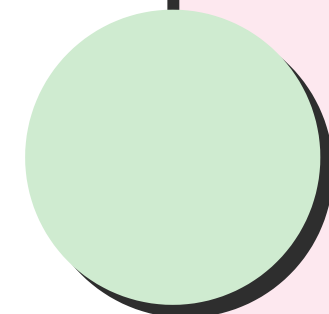
Look At Your Audience,
And Not Your Notes.

Eliminate Filler Words.





The PREP Framework

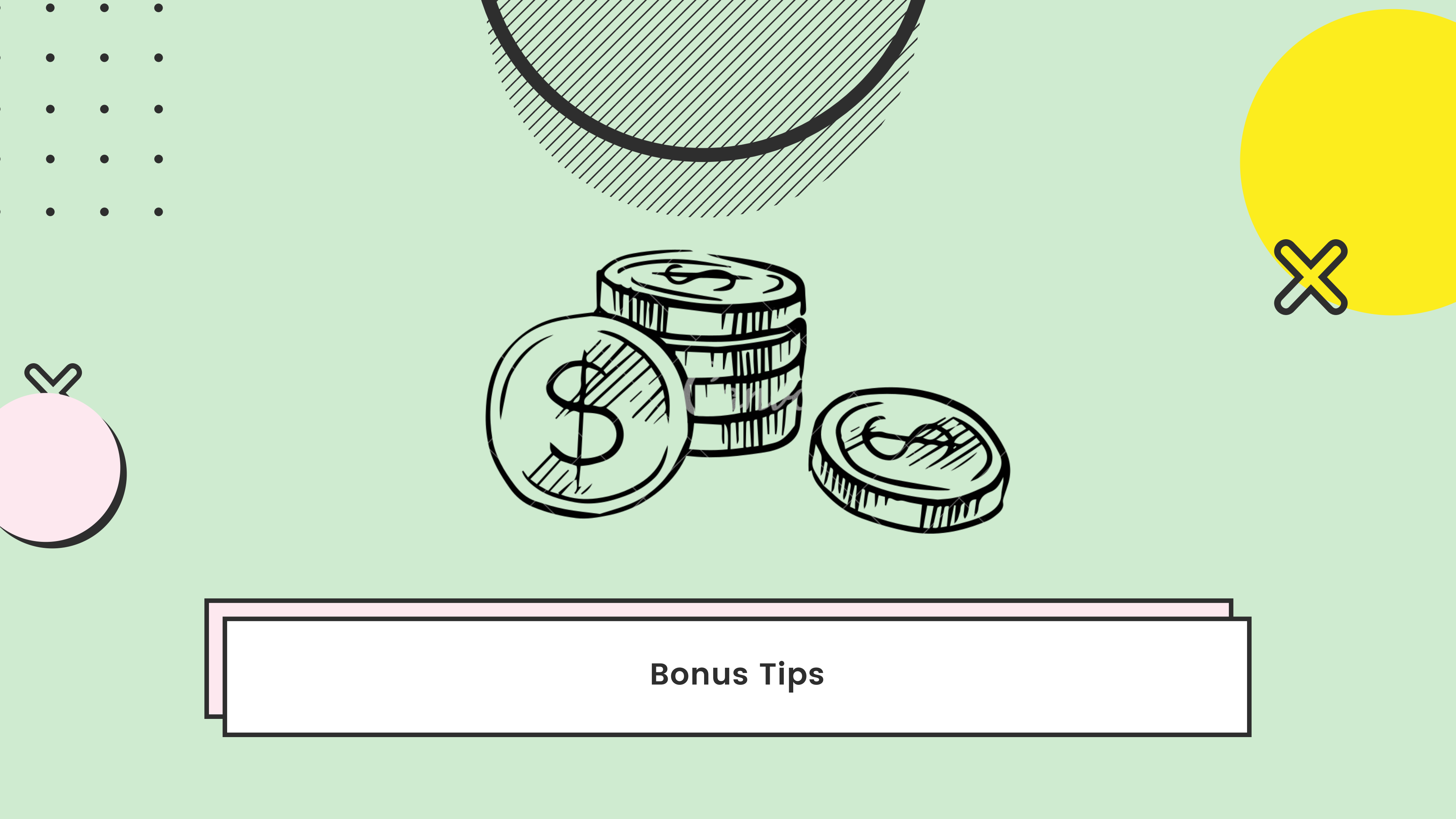


Point: I speak 5 languages.

Reason: Coming from a multi-ethnic family, I grew up conversing with my relatives in different languages.

Experience/Evidence: I won the Japanese Linguistic competition 2 years in a row and served as a peer tutor in my German/ Spanish class.

Point: I'd be happy to help translate any documents if necessary.



Bonus Tips

1

RECORD YOURSELF &
EVALUATE YOUR
PERFORMANCE

2

WEAR AN OUTFIT THAT
FEELS COMFORTABLE &
EMPOWERING.

3

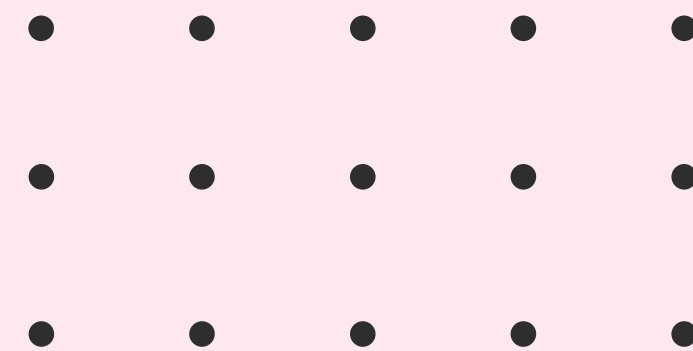
SURROUND YOURSELF
WITH FRIENDS/MENTORS
YOU CAN LEARN FROM.

4

TAKE RISKS.
JUMP INTO THE UNKNOWN.



Advice from Professionals



Alyssa
Media Broadcaster



Robin
Trade Policy Consultant



Monica
Corporate Lawyer



"Key essentials: knowing content by heart, commanding stage presence, perfecting speech delivery and most importantly, self-belief. Be proud and honoured to be on that stage, enjoy the process of sharing & informing. Your audience is able to sense your level of confidence and when they do, chances are you have already won half the battle."

- Alyssa

Growing up, my parents often hosted ambassadors and VIPs. I learnt to see them as humans and not be intimidated by big titles/positions. Be respectful but do not shy away from connecting with simple Qs like "how was your weekend?"

- Robin



Attending sessions on self-learning & continuous improvement helps me. Confidence is also about admitting that we sometimes don't know everything & we should be open to learning from others.

- Monica

**COMPLETE THE
SENTENCE:**

**If you walk away from
this conversation with
one thing, I want it to be
_____.”**





Q & A

SESSION