

YOUTH ID

YOUNG LEADERS & ADVOCATES PROGRAM

WORKBOOK

November 27 - December 18, 2020



WEEK THREE: "DIALOGUE AND PUBLIC SPEAKING"

THE OBJECTIVES OF THIS WEEK ARE:

- Describe the essential techniques to conduct good arguments.
- Describe the techniques needed for effective public speaking.
- Understand the importance of acquiring these skills for good advocacy.

Last week we were discussing about the importance of objectivity and critical thinking for good advocacy. Before “going all in”, it is good to make sure that we are defending a righteous cause. Once we have learned to defend a cause objectively, in order to scale our impact, it is good to become vocal about a cause. We can do this independently or by joining others that are already working for the same objectives e.g.: A youth group that is lobbying for the inclusion of climate change studies in a school’s curriculum, or a group lobbying for the improvement of mental health awareness and support in academic institutions.

When choosing the cause or causes we are going to work for, it is important that we are convinced and passionate about them; this will make it easier for us to persevere when we find obstacles on the way or it takes more time for us to see the impact of our efforts. In the end, if we truly believe in a cause and are able to back our arguments with objective information, the combination of these two elements will allow us to convince others and ultimately make a change.



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**"We are what we think. All that we are arises with our thoughts. With our thoughts we make the world."
-The Buddha**

Throughout history we have seen how historic figures have shaped the world of today with their ideologies, no matter how wrong or right they were. These were people that were convinced of their ideas and were not scared to be vocal about them. When these ideologies were right (based on the truth), they helped changed the world for the better; we can see this in the case of Nelson Mandela and Mohandas Gandhi. When their ideologies were wrong (based on lies), they lead entire nations to suffering, like Stalin and Hitler. With this example we see how crucial it is to make sure we are defending the right cause, and how equally crucial it is to be vocal when we are convinced something must change. For this reason, the objective of this week is to learn about public speaking and effective argument skills, because if we want to become impactful changemakers these skills are going to be essential throughout the way. We tend to identify public speaking with a specific personality type, everyone can become a great public speaker, the key is to develop the right skills through practice and find the style you feel more comfortable with.



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Being vocal about a cause doesn't mean you need to go to a city park and start talking about your ideas. You can start working for your cause through casual conversations with others at school, university, social media, and even strangers; however, to be more impactful you can join a group or make a concrete plan. To achieve concrete objectives, you can look for like-minded people who also support your cause, and together start a petition you will present to your school or municipality, to give an example. Maybe you are not going to be required to give public speeches in front of a crowd, but the important thing is that you are ready to defend your cause whenever it is required. Developing the right skills will give you the courage to take action on the things that matter to you the most.

Let's not live our lives as spectators, every moment of our lives we are writing history, and not just our history but humanity's history. And so, it is important that we decide to do something about the causes we care now.

"Many great things depend on you and me doing what we must - don't forget that."

-Anonymous

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TASKS OF THE WEEK

For this week you need to:

- ☑ Watch the following videos that will guide you on how to improve your argument and public speaking skills.

WATCH THE FOLLOWING VIDEOS:

- **To Win You Must Lose: How to Argue Better | Dave Sumner | TEDxMcMinnville**

In this video you will reflect on the importance of arguing to learn. Arguments are not war, but an opportunity to grow.

Link:

<https://www.youtube.com/watch?v=EfIGTJ86oSs>

- **5 Foolproof Ways To Win Any Argument**

With this video you will learn what it really means to “win” an argument, which goes beyond proving the other person wrong. It requires genuine empathy, active listening, and the intention of maintaining a positive dialogue, and finding a mutual understanding.

Link:

https://www.youtube.com/watch?v=smhta1x_OfA



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- **TED's Secret to Great Public Speaking- Chris Anderson (Head of TED)**

Developing public speaking skills allows you to share your ideas and convince people. Ideas shape the world, and if we are good at spreading them, we are contributing to shaping the world. Public speaking is not reserved for the extrovert personalities, it is a skill everyone can learn with practice and the right techniques. In the following video Chris Anderson, head of TED, based on the hundreds of TED talks he has curated provides the keys to effective public speaking, which is translated in the synchronization with your crowd.

Link:

https://www.ted.com/talks/chris_anderson_ted_s_secret_to_great_public_speaking#t-464440

ADDITIONAL RESOURCES (OPTIONAL):

- **Five tips for better public speaking- Dale Carnegie**

Link to Article:

<https://ocdalecarnegie.com/five-tips-for-better-public-speaking/>



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- **The art of Public Speaking-Dale Carnegie (Book Summary)**

Link to Article:

<https://goodbooksummary.com/the-art-of-public-speaking-by-dale-carnegie-book-summary-review/>

- **How To Win An Argument Without Making Enemies**

The following video provides you with tips on how to conduct arguments peacefully, when facing a confrontative counterpart. The aim of a dialogue is not about winning, it's about better understanding the topic under discussion and providing a clear explanation for your position while trying to understand the other persons point of view and reasoning. The end result could be you clarifying your ideas with others or why not changing your own perspective based on a better understanding of the topic in case. With either outcome, you have won. The objective of arguing shouldn't be arguing to win but arguing to learn.

Link:

<https://www.youtube.com/watch?v=lgXqaS08ZqM>



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