

“***Be Heard” Workshop Application Form***

Are you using your voice effectively? Ensure you are heard, understood and able to command a room. Take a closer look at how you habitually use your voice and whether it serves you. We will look at different areas of voice and how that impacts your overall advocacy performance. We will explore posture, breathing, diction, resonance, pace, pitch, vocal power, cadence, timing, body language, eye contact, nerves, being comfortable in front of others, gauging acoustics, increasing volume without shouting, addressing a large or small space, how to develop presence without being dramatic.

Become conscious of how you come across to others and learn to adjust where necessary. Engage the listener and not make them switch off. Identify your individual voice character and quality and capitalise on it. We will also cover how to look after your voice, develop good habits and an awareness of how the voice can influence. Learn how to practise so that eventually your performance craft becomes second nature, allowing you to focus on the case and the business of advocacy. Bring a two minute speech of any description or be prepared to tell a story.

The Inn is offering a workshop programme, run by an experienced voice trainer. There are two programmes, all consisting of three 2½ hour sessions. We only have limited places available which will be allocated by ballot. **Please apply only if you know you will be able to attend ALL 3 ELEMENTS OF THE PROGRAMME (GROUP A or GROUP B). If you cannot attend all 3, you will not be permitted to attend any.**

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| **Name:** |  |
| **Middle Temple Membership Number:** |  |
| **Email:** |  |
| **Telephone Number:** |  |

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| **Previous experience of public speaking (Mooting, Debating, other):** |
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| **I would like to attend** (please indicate preference): |
| **GROUP A:** Thursday 17 October, Tuesday 22 October, Tuesday 29 October All from 6pm – 8:30pm, Ashley Building | **□**  |
| **GROUP B:** Thursday 31 October, Monday 4 November, Monday 11 NovemberAll from 6pm – 8:30pm, Ashley Building | **□** |

**There is also an additional optional session for all participants** on Tuesday 12 November, 6pm – 8:30pm, Ashley Building.

Signed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Dated:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Please submit your application to** **r.bower@middletemple.org.uk** **by 16:00 on 8 October 2019.**