

Jack Petchey's "SPEAK OUT" Challenge!

with Speakers Trust

You're taking part in Jack Petchey's "Speak Out" Challenge!

What is the "Speak Out" Challenge!?

Jack Petchey's "Speak Out" Challenge! is a programme that offers free communication skills training to Year 10 students in every state school in London and Essex. Each year, over 20,000 young people share their stories and ideas to empower not only themselves but each other. The whole programme takes the form of a competition.

What is the workshop?

Your one-day workshop takes place at your school, you will be off timetable. We start with some ice-breaker games, storytelling, top tips and more lead by an expert trainer. The workshop is split into sections using the school timetable to give breaks and lunchtime, at the end of the day you will deliver a short speech, on a topic of your choice, to your classmates. We'll give you a workbook to help you throughout the day, this is yours to keep.

What's in it for you?



What do I do now?

You can prepare for your workshop now. Make a note of your passions, ideas and opinions you want to share with others. To add impact to the content of your speech you can research relevant statistics and facts.

To see the most commonly spoken about topics and to get a flavour for a typical speech head to [Get Inspired](#). You can find Top Tips and more in our [Student Hub](#).

Enjoy your training day!