

**MKK FOUNDRY****UNLOCK YOUR POTENTIAL IN SPEAKING CONFIDENTLY****OVERVIEW**

This full-day workshop helps deep thinkers shift from self-doubt to clear, confident communication. Participants will learn how to think, structure and speak with authority, even under pressure.

**Lesson Outcomes:**

1. Shift from anxiety to a grounded "messenger" mindset when speaking.
2. Structure their communication clearly using the Content-Point-Meaning model.
3. Use the AFP framework to speak with authority in meetings and presentations.
4. Craft and deliver a compelling 90-second story to connect with their audience.

**Facilitators:**

1. **Aunty Prema** - C-suite and executive mentor with 30+ years of experience connecting leaders to their roles
2. **Dr Eric Siew** – An entrepreneur and a clinical and communication skills educator at a private medical university

**Duration:** Full day - 9:30 AM to 4:30 PM (7 hours)

**Learning style:** Experiential, reflective and practical

**Includes:** Frameworks and guided practice

**WHO THIS IS FOR**

Ideal for entrepreneurs, solopreneurs and professionals who want to communicate more confidently in meetings, presentations and conversations.

**SESSION BREAKDOWN**

Time	Session Description
9:30 – 10:00	<b>Psychological Safety</b> <ul style="list-style-type: none"><li>• Participants will pair up for a one-minute introduction exercise.</li></ul>

**MKK Foundry** is a collective of in-depth sessions to build your business on a solid foundation. We skip the hype to focus on the work of entrepreneurship.

	<p>Introduction:</p> <ul style="list-style-type: none"> <li>• Why is the fear of speaking really the fear of being judged?</li> <li>• Introducing the idea of how safety creates confidence.</li> </ul>
<p>10:00 – 11:00</p>	<p><b>Understanding Why We Freeze When We Speak</b></p> <p>Key Insight:</p> <ul style="list-style-type: none"> <li>• People who are deep thinkers or good at writing tend to find it more challenging to speak in public.</li> <li>• Understanding this segment allows us not to find fault with ourselves, but to realise that is how our brain works. It’s not a flaw.</li> </ul> <p>Participant Exercise:</p> <ul style="list-style-type: none"> <li>• When was the last time I froze when I spoke?</li> </ul>
<p>11:00 – 11:15</p>	<p>Break</p>
<p>11:15 – 12:30</p>	<p><b>How Confident Speakers Actually Think</b></p> <ul style="list-style-type: none"> <li>• Shifting focus from self to others.</li> <li>• Understand that confidence isn’t a personality trait, but a mental operating system.</li> </ul> <p>Part 1 – The real problem isn’t fear We’re afraid of being judged. And when it happens, our brain overwhelms our emotions.</p> <p>Part 2 – Our inner voices We think badly of ourselves, undermining our efforts. How to move beyond the inner critic and performer mindset, and instead communicate from a grounded “messenger” stance.</p> <p>Participant Exercise: Participants will practice the “attention switch” technique.</p>
<p>12:30 – 1:30</p>	<p>Lunch</p>
<p>1:30 – 2:30</p>	<p><b>How to Structure What We Say</b></p> <p>Participants will learn how to avoid information dumping and communicate with clarity and intent.</p> <p>Use a 3-part speaking structure that involves:</p> <ul style="list-style-type: none"> <li>• Context</li> <li>• Point</li> <li>• Meaning</li> </ul>

	<p>Understand why rambling happens.</p> <p>Participant Exercise: Participants take turns to share a business intro or a personal story.</p>
2:30 – 3:15	<p><b>Storytelling for Connection</b></p> <p>Learn why stories lower resistance from your audience. It allows a shift from struggle to realisation by turning experience into something that resonates.</p> <p>Participant Exercise: Participants will craft and deliver a 90-second story based on:</p> <ul style="list-style-type: none"> <li>• A failure</li> <li>• A hard moment</li> <li>• A turning point</li> </ul>
3:15 – 3:30	<p>Break</p>
3:30 – 4:15	<p><b>The AFP Framework</b></p> <p>Most people don't lack confidence; they lack the authority to frame what they say. The AFP framework is a simple structure we can use in meetings, presentations and conversations.</p> <ul style="list-style-type: none"> <li>• Anchor – Where are we speaking from?</li> <li>• Frame – Why should the listener care?</li> <li>• Point – What's the one thing we want others to remember?</li> </ul> <p>Participant Exercise: Each participant uses a sentence they often say in meetings or presentations. Rewrite that sentence using the AFP framework.</p>
4:15 – 4:30	<p><b>Closing: Owning Your Voice</b></p> <p>Why speaking confidently is about permission: permission to speak up instead of waiting to feel ready.</p>

*“Confident speakers don't have less fear.  
They have a better place to stand when fear shows up.”*