

KEYNOTE/ LUNCHTIME TALKS' INFORMATION

THE STAGE FRIGHT ANTIDOTE!: How to manage public speaking jitters & present confidently

Synopsis:

Based on the book of the same title, this talk will see the author, speaker & actor Hazriq Idrus share **proven** theatre-based techniques used by actors on how to overcome nervousness when speaking in front of an audience. These skills can be easily used to overcome presentation jitters; and the best part, you don't need to be an actor to learn these techniques! Afterall, theatre improvisation is a skill in acting; and acting is the ultimate form of presentation.

Get ready for an experiential, infotainment talkshow. Try the techniques, take command of the stage and you are on the way to present confidently.

Outline:

- Understand the reasons why public speaking is the No #01 fear among human beings
- 7 ways on how to overcome & manage nervousness
- Essential theatre improvisation philosophy to develop confidence



***BOOST YOUR CREATIVITY THRU' "PLAY"!:* How to tap on your creative ability and achieve success**

Synopsis:

Play is about being fun. It is an important source of relaxation and improves personal well-being. The word 'Play' also depicts theatre and drama; an avenue for creative expressions.

When the two are fused, comes a highly interactive 'talk-show' that fuels the audience with the needs of being creative. Led by author, speaker and actor Hazriq Idrus, audience will explore theatre-based tools and techniques used by actors that enhance creative abilities to solve problems and challenges.

PS: No, you don't need to be an actor to be creative

Outline:

- Understand why there is a need for creativity and how it links with the 21st Century workforce skills
- 8 ways on how to boost your creative muse to achieve success
- Essential theatre improvisation philosophy to develop creative-thinking skills

STAGEPLAY!: How to use theatre games and activities to engage participants in meetings, seminars and meet-ups.

Synopsis:

Have you ever been in situations where you just need some additional energisers to “warm up” your meeting participants - especially after lunch? Or have you been in search for more ice-breakers to add to your current repertoire so you can use them in your sessions?

Don't fret! In this highly interactive session, author, speaker & actor Hazriq Idrus will share with you a series of fun & creative theatre activities and games – where you can even tweak and adapt them to your own meetings and gathering sessions!

Outline:

- Understand why activities are necessary to be included in meetings, seminars & meet ups
- Various theatre games & activities that can be contextualized to suit various meetings' needs
- Essential theatre improvisation philosophy to develop positive group dynamics



“I am passionate about delivering engaging, entertaining and enriching sessions that creates enjoyment, yet empower the audience and create positive changes in them.”

*~ Hazriq Idrus,
Founder, The Speaking Factory Pte Ltd
Author, The Stage Fright Antidote!*

***To find out more on how to bring these talks to your organisation,
contact us at:***

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