

Learning to Speak with 'Speakeasy'



CONNELLAN AIRWAYS TRUST

I recently spent a wonderful two days partaking in the Speakeasy course run by Inklings Women at Mt Lofty House in the Adelaide Hills. I must sincerely thank the Connellan Airways Trust for allowing me this wonderful opportunity.

Twenty women from around Australia gathered together to overcome their fear of public speaking and be inspired by Gemma Cunningham from Inklings Women. Inklings Women is an Adelaide based group who provide one of Australia's most energising, inspiring and impactful leadership and coaching programs for current and aspiring women leaders. Inklings Women strive to help women build the confidence and capability to step into more senior roles and to thrive when they do. I had been following the Inklings Women website for some time and found the content very inspirational.

My fear of public speaking has been a constant cause of angst since primary school. I still vividly remember the day in Grade two when I had to speak for five

minutes about "the guitar"! It was a disaster, and even at age seven, has stuck with me for years.

I have been a member of local community groups and ICPA for many years. In the last couple of years I have also taken on a role as a committee member of ICPA Federal Council. This role has been a fantastic way to gain confidence and improve my skills. In my current role I am often asked to speak at federal and state conferences in front of audiences of varying sizes, as well as communicate with politicians, media and various interest groups. I felt I would benefit greatly from taking part in the Speakeasy program, as would the organisations I belong to.

I found the intensive two days at Speakeasy to be extremely inspiring and affirming. I developed more confidence and skills as a public speaker, as well as learning lots of amazing tips and tricks to help me overcome my fear of public speaking. I'm wearing my gold lizard with pride and have developed a more positive mindset regarding public speaking.

I have some fabulous opportunities coming up; I am currently preparing for the ICPA Federal Conference in Perth, where I will have the opportunity to put many of the skills I learnt throughout the Speakeasy course into action. I already feel more confident in my ability to speak in front of an audience and I hope that with practice I will be successful as a public speaker.

Joanna Gibson
Federal Councillor

