



# Conquering Your Fear of Speaking in Public

Thursday  
January 5<sup>th</sup>, 2023  
10:00 am – 12:00 pm

**Speaker:**  
Jan Goodman,  
Community Outreach Specialist/  
Career Coach  
Greater Raritan  
One-Stop  
Career Center  
Training Services

*Do you get nervous when interviewing or making presentations at company meetings?*

*Do you find it hard to make conversations at gatherings and social events?*

*Do you freeze up in awkward social situations?*

*If so this workshop is for you!* It is for anybody who wants to improve their speaking skills in both formal and informal situations. Learn important strategies to gain the confidence and the skills to interact with others, to speak in informal situations, and to make presentations in front of small groups.

## Learning Objectives

During this workshop you will learn to:

- Speak with more confidence in one-on-one conversations.
- Feel more confident speaking socially or in small meeting groups.
- Practice these skills in a supportive setting.

*Please note this is a virtual workshop via Zoom. To attend this workshop and register please click on the link below:*

<https://sclsnj.libnet.info/event/7051462>

*This program is in collaboration with the Greater Raritan One-Stop Career Center and the Somerset County Library System (SCLS)*



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