🎤 THE TELL & SHARE CONFIDENCE ACADEMY

Week 1: Every Winner Was Once a Beginner! 🌟

Tuesday, 6 October 2026

Dear Parents,

We are officially underway! 🎉

It was a delight to welcome our very first group of young people to **The Tell & Share Confidence Academy**.

And this isn't just any group — **they are our FIRST-EVER Confidence Academy cohort!** They are making a little piece of Tell & Share history. 😊 Confidence Academy 6 Oct 2026[1]

From the very first session, we wanted the participants to understand something important:

Public speaking and confidence cannot be developed simply by talking about them. We have to practise them!

That is why the Confidence Academy is designed to be highly interactive. Our young people will speak, listen, think, practise, receive feedback, try again — and gradually develop skills that can become second nature. Confidence Academy 6 Oct 2026[1]

🤝 Our First Challenge: Meet Someone New!

Participants were asked to pair up with someone they had **never met before**.

Their mission?

Discover **two things** about that person, make notes about what they learned and prepare to introduce their new partner to everyone else.

There was even a little warning: throughout the Confidence Academy there may be **surprise presentations**, so everyone should learn to be ready to **step up, look up and speak up!** 🎤 Confidence Academy 6 Oct 2026[1]

This simple activity was actually developing several skills at once:

conversation • listening • curiosity • note-taking • memory • confidence • presentation skills

And there was an important reminder:

✍️ "As you think it, please ink it!"

In other words, **write things down**. We later discussed how easily good information can be forgotten if we simply assume we will remember it. Confidence Academy 6 Oct 2026[1] Confidence Academy 6 Oct 2026[1]

🎤 Then Came the Presentations!

One by one, participants began coming to the front and introducing the person they had just met.

This gave us our first opportunity to explore some of the building blocks of effective public speaking.

We learned that a speaker should think about:

- **How they begin** — including greeting the audience appropriately.
- **Clarity** — can people clearly hear and understand the words?
- **Comprehension** — can the audience easily understand the message?
- **Organisation** — rather than merely rattling off a list of facts, can we make what we're saying flow naturally?
- **Filler sounds** — beginning to recognise unnecessary sounds such as *"um"* and learning eventually to eliminate them.
- **How they finish** — making it clear that the presentation has ended and thanking the audience. Confidence Academy 6 Oct 2026[1] Confidence Academy 6 Oct 2026[1]

We even discovered what can happen when a speaker finishes without telling the audience they've finished...

AWKWARD SILENCE! 😄

So we practised endings such as:

"This brings me to the end of my presentation. Thank you for your time."

A good conclusion gives the audience a clear signal that the speaker has finished — and saves everyone from wondering, *"Are we supposed to clap now?"* 😂 Confidence Academy 6 Oct 2026[1]

👋 Don't Forget Your Audience!

We also learned something surprisingly important about greetings.

If a speaker says:

"Good evening, everyone…"

they should allow the audience a moment to answer!

Good communication isn't simply about **talking at people**. It involves connecting with them.

Participants therefore practised greeting an audience appropriately and allowing a short pause for the audience to respond before continuing. Confidence Academy 6 Oct 2026[1]

🥣 "Feedback Is the Breakfast of Champions!"

This became one of our big lessons of the evening.

After presentations, the group was encouraged to identify:

What did the speaker do well?
and
What could the speaker improve next time?

The young people were not simply receiving feedback from Mr Jonathan — they were learning to **observe and encourage one another**.

We explained that feedback helps us discover our strengths, recognise areas for improvement and come back stronger the next time we speak. Confidence Academy 6 Oct 2026[1]

And something wonderful began happening almost immediately: later speakers started incorporating lessons they had learned from watching earlier speakers. One participant, for example, remembered to leave time for the audience to respond to his greeting. Confidence Academy 6 Oct 2026[1]

That is exactly the kind of learning environment we want to create at the Confidence Academy — everyone learning, everyone practising and everyone helping one another grow. 💖

🙋🏽‍♀️ 🙋🏻‍♂️ “This Room Deserves to Hear My Voice!”

We also talked about what confidence can look like **before** somebody even walks to the front.

When you have something to contribute, don't hide your hand halfway down!

Raise it confidently.

The group practised saying together:

“This room deserves to hear my voice.” Confidence Academy 6 Oct 2026[1]

This isn't about arrogance. It is about helping our young people understand that their thoughts and contributions have value — and developing the confidence to participate rather than continually shrinking into the background.

🚫 Our New Enemy: “UM!”

Yes... **“um” is officially under investigation at the Confidence Academy!** 😂

Participants began learning to become conscious of unnecessary filler sounds when speaking.

Rather than embarrassing anyone for making a mistake, the class used each presentation as an opportunity for **everybody** to learn. As Mr Jonathan explained, when one person presents, the rest of us can learn from that presentation too. Confidence Academy 6 Oct 2026[1]

And there may apparently be a rather unusual event next week...

⚰️ THE FUNERAL OF “UM”! 😂

The class joked about digging a hole and burying “um” once and for all.

We suspect “um” may attempt a resurrection during the course... but we're going to keep working on it! 😄
Confidence Academy 6 Oct 2026[1]

🌟 THE BIG LESSON OF WEEK 1

Perhaps the most important message from our first session was:

EVERY WINNER WAS ONCE A BEGINNER.

We used football as an example. Even the world's greatest players didn't begin life performing at the level we see today. They **started somewhere, practised and developed**.

The same principle applies to public speaking and confidence.

This was **Day One**.

Participants are not expected to be perfect.

Mistakes are welcome here because mistakes give us something to learn from. The goal is that things which feel difficult today gradually become easier through **practice, feedback and repetition**.

🏠 THIS WEEK'S CONFIDENCE CHALLENGE

📚 TWO NEW WORDS — AND A PRESENTATION! 🎤

This week's assignment is simple, practical — and very important.

Each participant should:

🔎 Learn TWO new English words.

They **do not need to be complicated words**.

They **do not need to be philosophical words**.

In fact, they can be simple, useful words that you might use in everyday conversation.

For **each** of the two words, participants need to learn four things:

1. ✍️ SPELLING
How is the word correctly spelt?

2. 🗣️ PRONUNCIATION
How is the word correctly pronounced?

3. 📖 MEANING
What does the word mean?

4. 💬 USE IT!
How can the word be used correctly in a sentence?

🎤 AND HERE'S THE IMPORTANT PART...

Be prepared to give a presentation on your two words at the next Confidence Academy session!

Remember: this isn't simply about learning two new words.

We are also practising how to **stand before an audience, organise our thoughts, speak clearly and confidently, and communicate what we have learned.**

When presenting, remember some of our lessons from Week 1:

Greet your audience.
Give them a moment to respond.

Speak clearly.
We want both **clarity and comprehension**.

Watch out for "UM"! 🚫😂

And when you have finished...

Give your presentation a proper ending.

For example:

"This brings me to the end of my presentation. Thank you for listening."

🌟 PARENTS CAN JOIN THE FUN!

Parents, you can help by asking your child:

"What are your two new words?"

But try not to do the assignment *for* them! 😊

Encourage them to discover the spelling, practise the pronunciation, understand the meaning and create a sentence using each word.

Then perhaps become their **practice audience** at home.

And when they've finished, remember our Week 1 principle:

🥣 **"Feedback is the breakfast of champions!"**

Tell them **one thing they did particularly well** and, where appropriate, **one thing they could make even better**.

Most importantly, encourage the effort.

Because...

🌟 **EVERY WINNER WAS ONCE A BEGINNER.**

And on **6 October 2026**, our first Confidence Academy cohort officially began. 🎤❤️

See you next Tuesday!

Mr Samuel Jonathan
Head of Faculty
The Tell & Share Project