

The logo for WeSpeak, featuring the word "WeSpeak" in a purple and orange font with a stylized microphone icon to the right.

PROJECTING WOMEN'S VOICES

WeSpeak Teen Boot Camp

Impact Report

BRI

KATIE

JOIN THE MOVEMENT.....



2023 INVESTING IN OUR FUTURE ... *NOW AND BEYOND*



Kirsten Beasley

WeSpeak Vice Chair &
WeSpeak Teen Lead

I want to thank all of our WeSpeak Teen volunteers and our Corporate supporters for helping to make this such a success

On February 22nd, 2023, WeSpeak Bermuda hosted its first-ever full-day Teen Boot Camp. In line with the overall mission and vision of WeSpeak, its Teen strategy aims to empower young women to project their voice.

This first Teen Boot Camp was designed to help build confidence needed for effective public speaking and self-advocacy. The event brought together a group of young women who benefited from the carefully designed WeSpeak Teen's 3Cs curriculum, together with supportive WeSpeak coaching and the added benefit of interacting with their peer group.

The format of the Boot Camp mirrored, WeSpeak's highly popular professional women's Boot Camp series created to coach public-speaking skills and provide speaking opportunities to empower Bermuda's women in their lives and careers.

WITH THANKS TO OUR SPONSORS

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INTERNATIONAL


EY

WESPEAK'S 3Cs

Thanks to the tireless efforts of our WeSpeak Teen Committee, WeSpeak Teen has developed a separate curriculum for its teen boot campers, which embodies a simple, effective strategy to help students speak with confidence. The aim of the 3Cs encourages students to speak up in a more engaging, entertaining and effective way, and it is outlined as follows:

CONFIDENCE

Building on authenticity, feeling powerful through body language and affirmations, how to dress, preparation, practice and learning from mistakes

COMPETENCE

Focusing on being clear, getting grounded, grabbing the audience's attention, as well as being meaningful and memorable

CALM

Learning techniques to steady those nerves, including breathwork, relaxing the body, priming your mind, positive visualisation, and the power of pausing and pivoting



SARAH DUNSTAN
WeSpeak Teen lead



SANDY DE SILVA
WeSpeak Teen Lead



“We are proud to be part of WeSpeak and to have created a unique and special offering for WeSpeak Teen programme. The impact of our Bootcamps has been overwhelmingly positive and inspiring – we have seen a transformation by many of our young participations throughout the day, who started off being ‘terrified’ and ended the day feeling empowered.”

Sarah Dunstan

MAXIMISING OUR IMPACT

To maximise our impact, we asked schools to nominate young women whom they felt would benefit most from an opportunity to build their confidence and public speaking skills. Each school was asked to nominate five female Year 12/S3 students to participate and we shared the following guidance for identifying candidates with the following characteristics:



Those who have strong opinions or ideas, but sometimes find it difficult to articulate them



Those who may have a tendency to let others speak on their behalf



Those who could benefit from meeting young women from other school environments



Those who struggle with managing nerves or mild anxiety when public speaking

Participants encompassed students, age 15 to 17 years, from seven schools, including BHS, the Berkeley Institute, Bermuda Institute, Mount Saint Agnes Academy, Saltus Grammar School, Somersfield Academy, and Warwick Academy. (Cedarbridge Academy were also confirmed to participate but unfortunately, due to logistical challenges, were unable to attend on the day.)



Thanks to our supporting sponsors, students received WeSpeak notepads, cookies (care of Tuck Shop) and certificates to commemorate their participation in the Boot Camp, along with copies of award-winning career advisor, speaker, and author Christie Hunter Arscott's book: "Begin Boldly." Hunter Arscott also recorded a video message for students aired during the event. Special 'Under-the-Seat' prizes from Glaze, Buzz, and Polished were also gifted by WeSpeak to attendees.

BE BOLD. BE YOU!

WeSpeak Bermuda's first Teen Boot Camp was a true celebration of the voices of Bermuda's young women, empowering them to speak up and 'Be Bold, Be You.'

The event featured a powerful line up of speakers including WeSpeak coach **Patrina (Powergirl) O'Connor-Paynter** and keynote celebrity journalist **Media Maya**, highlighting her own public-speaking journey. Students learned about the mechanics of public-speaking and practiced skills such as 'power poses' and breathing and visualisation exercises to help overcome anxiety often associated with speaking in public. They also participated in coaching sessions to hone their public-speaking skills in breakout workshops through the day.



Keynote Speaker

Maya Palacio aka Media Maya
Celebrity Journalist & Host



MC Host & Presenter

Patrina O'Connor Paynter a.k.a.
Powergirl
Executive Director, Big Brothers
Big Sisters



Inspirational Message

Christie Hunter Arscott
Advisor, Author & Speaker



Presenter

Sarah Dunstan
WeSpeakTeen Lead



Presenter

Keisha Allen-smith
Director of Staff Development &
Instruction, The Berkeley Institute



Presenter

Sandy De Silva
Executive Director,
Family Centre

MEASURING OUR IMPACT

70% Teens said that at the end of the day they felt *more comfortable* speaking in public



20
Number of
WeSpeak Coaches



35
Number of
Students



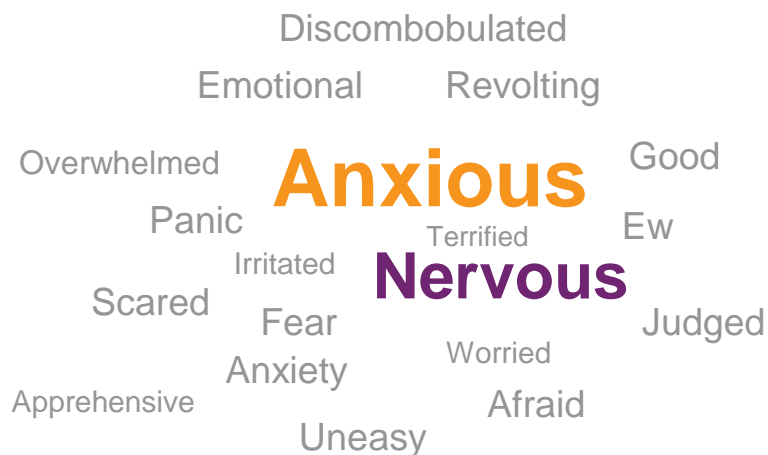
7
Number of
Schools

MAKING A DIFFERENCE

AT THE START OF THE DAY:

Q: What word best describes how you feel about speaking in public?

At the start of the day 75% of students said they were terrified and or highly anxious



AT THE END OF THE DAY:

Q. What word best describes how you feel about speaking in public now?

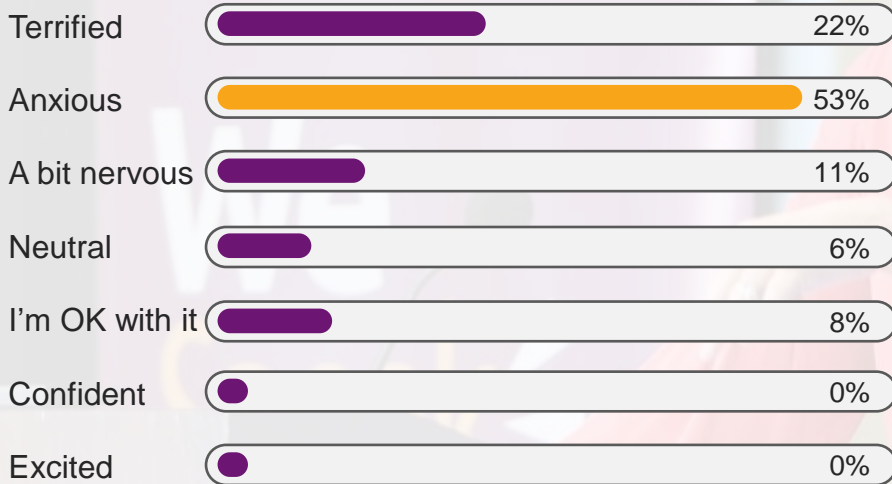
At the end of the day 70% of student said they were either 'okay with it' or now 'confident', with 50% saying they now felt more comfortable with public speaking



PARTICIPANT FEEDBACK

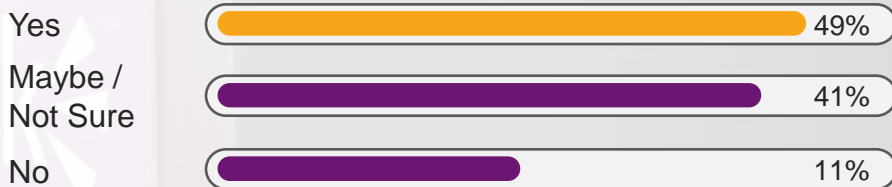
AT THE START OF THE DAY:

How do you feel about speaking publicly?



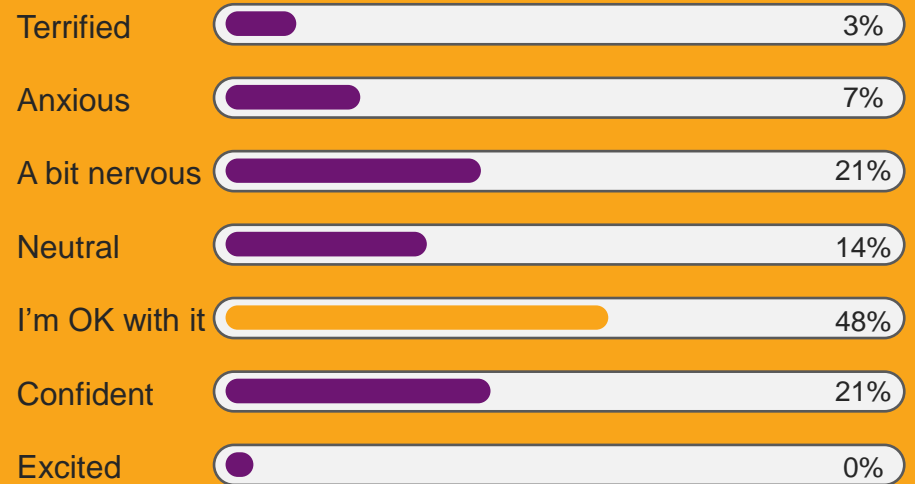
AT THE START OF THE DAY:

Do you believe it is possible to become more comfortable with public speaking?



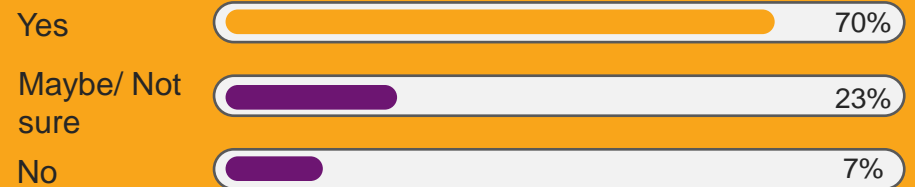
AT THE END OF THE DAY:

How do you feel now about having to speak publicly in the future?



AT THE END OF THE DAY:

Did the boot camp today help you to become more comfortable with public speaking?



WESPEAK TEEN COMMITTEE AND COACHES

Kirsten Beasley,
CEO, WTW

Sandy De Silva,
Executive Director, The
Family Centre

Sarah Dunstan,
Actuarial Senior
Project Manger,
Athene

Gemma Godfrey,
COO, The Whitfield
Group

Jennifer Haworth,
Director, MJM

**Patrina O'Connor
Paynter,**
Executive Director, Big
Brothers Big Sisters

Lisa Blackburn
Project Support,
WeSpeak

Reem Bushara
AVP Financial Lines,
Chubb

Deshay Caines
VP Colleague
Engagement, Marsh
McLennan

Amy Dingley-Jones
Humanities Teacher,
Bermuda High School

McKenzie-Kohl Tuckett,
Public Speaker & Law
Sstudent

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SVP, Head of
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Julie Butler,
Director of Branding,
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Communications,
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Group President & CEO,
BF&M

Maria Holder,
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General Manager,
LOM Asset
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Assistant Underwriter,
Ascot Group

Lorene Philipps,
Founder, Executive
Leadership & Career
Coach, Clarendon
Wallace

Malika Taylor,
Managing Director,
Expertise Group

Louise Twiss-West,
Head of Wholesale
Banking, HSBC
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**Christina Westholm-
Schroder,**
Chief Underwriter &
SVP, Sovereign Risk

Emily Flood,
HR Business Partner,
Fidelity International

Carolyn Myers,
Global Client
Relationship Leader,
EY



| **WeSpeak. We Grow. We Rise.**

WeSpeak 
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