

# SUFFOLK SPEAK OUT CHALLENGE 2025-26



## FREE PUBLIC SPEAKING PROGRAMME FOR YEAR 10s

### What is the Speak Out Challenge?

The Speak Out Challenge is a public speaking programme delivered in schools by professional trainers. It develops young people's communication skills, and confidence, and empowers them to find a voice.

### How does it work?

Schools book a workshop for 25-30 Year 10 students free of charge. Students will then have the opportunity to participate in a competition, culminating in a prestigious live event. Every school is guaranteed one finalist at the Final. All students will receive framed certificates and one will be crowned Suffolk Speak Out Challenge Champion!



83% of the least confident students increased in confidence in the Suffolk Speak Out workshop last year



*"It helped students build their confidence and come out of their shells. A student who had previously said she couldn't do the GCSE spoken language endorsement due to nerves, was able to stand up in front of the group and perform her speech."* Stowupland High School, March 2025

Contact [hello@speakerstrust.org](mailto:hello@speakerstrust.org) or [book here](#).

[www.speakerstrust.org](http://www.speakerstrust.org)