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## INTRODUCTION

The purpose of the project was to provide opportunities for people who stutter in the Raleigh/Durham area to get comfortable with he uncomfortable by participating in public speaking groups for people who stutter. It aimed to manage negative attitudes and emotions and provide a safe space to practice public speaking.



## COLLABORATION



## POPULATION/METHODS

- All participants were people who stuttered.
- Participants were recruited from the National Stuttering Association-Raleigh Chapter.
- Participants attended the teen or adult public speaking group, Super Saturday, and/or NSA meetings.
- Participants participated in the Public Speaking Showcase.

## PROJECT DESCRIPTION



### GROUP FORMAT

- Icebreaker
  - Introductory activity designed to provide participants practice with saying their name while introducing themselves, an anxious occurrence for many people who stutter.
- Mindfulness Meditation
  - 3-5 minute guided meditation to help participants to focus on the present moment.
- Gratitude Statement
  - Reframing negative thoughts about stuttering into positive ones.
- Skill
  - Activity focused on aspects of public speaking, i.e. power posing, eye contact, filler words etc.
- Public Speaking
  - Participants practice public speaking using the skill learned in the session.
- Group Critiques

<http://www.schweitzerfellowship.org> 704-895-6596

## OUTCOMES

- 9 participants participated in the public speaking showcase.
- 11 graduate students from UNC-Chapel Hill and North Carolina Central University volunteered during the program.
- Enhanced the curriculum of NSA-Raleigh Chapter to include public speaking tasks.
- 50 people who stutter and graduate students were served during the program.
- The Public Speaking Showcase will be sustained by the National Student Speech-Language Hearing Association chapter at NCCU.



## ANECDOTAL STORIES

- “Thank you for the initiative Shian! I loved the event-how it brought together people of different ages and backgrounds to share their stories.”
- “The group is definitely helping me to combat my negative feelings about my stutter and becoming a better speaker to my peers.”
- “At first I was nervous to speak up, but the gentle pressure and questions from Shian really helped me to find my voice.”