

Boosting confidence with Speech NZ

Tuyen (Stella) Nguyen gained the Certificate in Professional Speaking with Distinction in 2023. She enrolled in the Professional Speaking for Migrants course in Hamilton to improve her confidence in giving presentations. She kindly shared her experience of the programme, how she came to find out about it, what the benefits have been, and if she has any advice for others.

What was your overall experience of the course?

I loved how the course was designed to challenge us at a reasonable level so that we could step out of our comfort zone bit-by-bit week after week to speak and immerse ourselves in the role-play or present our interest subjects. It was a fantastic experience to get through the 10-week classes with other migrants where I could be aware of the beauty of things imperfect.

I loved their accents (e.g Korean, Guatemalan), empathised with their difficulties, their challenges (cultural conflict, refugee journey). I was inspired by their presentations (ocean swimming, volunteering), and more. Then, I loved myself more for who I am and learnt to not criticise what I am not good at. Instead, I focus on my strengths and my passions and let them shine

How do you feel the course has set you up to succeed in your future endeavours?

My presentation skills have improved significantly because now I know how to grab the audience's attention. It also changes the way I write an email or communicate with others as I will ask myself the purpose of my writing or my talk. I will shift my attention to the readers or listeners instead of myself.

The role-play in the class also improved my confidence as I don't feel hesitant to start the conversation because I know I can manage it and people will understand me.

What are some of the skills you picked up during the course that you've already found useful in your everyday life and career?

By joining this course, I found that I am not alone. As a migrant, we always think that our limit is English, but the truth is it's ourselves. We set the limit for ourselves and get stuck in it. Now I know I can speak better English when I am confident, believe in myself, and spend time practicing English.

What advice would you have to others?

Enrol for the course now. It's an excellent course that you don't want to miss. You will see your progress week after week. You not only improve your English, but also have a chance to get to know more people from different countries with different cultures and hear their stories.

Once you have started the course, continue it through to the end. Everything you have done will contribute to your future and your success.

I hope the course spreads out and all migrants can have a chance to join it and get the benefits from it like me and the other students.

"I loved their accents...empathised with their difficulties, their challenges...was inspired by their presentations...I loved myself more for who I am."



Marilyn Orellana enrolled in the Professional Speaking for Migrants course in Hamilton. She gained the Certificate in Professional Speaking with Distinction in July 2023. She kindly shared her experience of the programme, what the benefits have been, and her advice for others.

What had you been doing before the course?

I am originally from Guatemala, Central America. I came with my family, my husband and my son with a Resident Visa to Hamilton and feel very grateful about it. Now we have Permanent Residence. I am working as General Manager and Social Media Instigator in a Designer Store call Rossellini, a New Zealand business.

What was your overall experience of the course?

Both teachers were great, they believe in you and encourage you to prepare and excel in the final exam.

The course was challenging for me because I work full-time, but even with my busy schedule I managed to finish the course and obtain my certificate with distinction.

I learnt that it doesn't matter what our background or experience is, we can achieve great things with dedication and discipline.

How do you feel the course has set you up to succeed in your future endeavours?

The course gave me more confidence speaking English in public and I feel more open to share my thoughts in another language that is not my mother tongue, Spanish.

I also learnt about many different topics and cultures from the other students and that was another great part about being in the classroom.

What advice would you have to others?

Just do it because if we think too much we will find plenty of excuses, so sometimes you just need to do it. Be confident and try to do what you normally do in your own language, so you will show the same confidence.

"It doesn't matter what our background or experience is we can achieve great things with dedication and discipline."



Interested in participating in or running your own Professional Speaking for Migrants course? Get in touch.

