



GUIDELINES FOR PARTICIPANTS IN THE COMPETITION

The aim of the competition is to foster and promote communication skills among doctors in training; with a focus on mental health, illness, and all related issues. It is also an opportunity for public outreach and engagement on matters concerning mental health issues.

Time Allocation

Each team of two should speak for no more than **10 minutes** in total. The ten minutes can be broken up as the team members see fit as long as each member speaks for more or less the same amount of time each (i.e. approximately 5 minutes each). That is each team member can either speak one after the other or interchange speeches back & forth within the ten minutes.

Team Effort

The combined team effort is important, and each speaker should amplify different aspects of the topic. It is important to emphasise that teams will be judged on their capacity to **communicate** an **informed professional viewpoint in a simple and effective manner**. It should be clear that the two members **work as a team** by following through smoothly and coherently between each of their presentations.

Presentation Style & Delivery

The presentation style is that of professionals speaking to an **interested lay audience, or to the media**. The **use of audio/visual aids or props during presentations is not permitted**. Speakers should not be over dependent on palm cards or notes.

It is important that teams give **representative and balanced views** of the subject matter. **Teams will not be taking opposing views as in a debate**. In these circumstances, the team that communicates the most balanced view which will both inform and engage the public are likely to succeed. Please note while academic relevance and accuracy is important, the presentation will not be enhanced by an overly academic format, and should be prepared accordingly.

Key elements are:-

- > A coherently presented argument with good and varied content
- > Referencing the topic
- > Demonstrating an ability to think on one's feet
- > Entertainment including humour
- > Audibility
- > Rapport with the audience
- > Presence on platform
- > Minimum use of props

Support or advice for presentation

Participants are encouraged to consult widely with any bodies that may assist with public speaking. As it is anticipated that rehearsal and preparation will greatly enhance performance, teams are encouraged to rehearse in front of a live audience prior to the competition. Obtaining feedback prior to speaking 'on the night' of the competition should be part of the teams' overall strategy.

Question & Answer Session

There will be a short break(s) while the judges are deliberating and a Question and Answer Session will be held after all teams have spoken. Members of the audience will be given the opportunity to ask questions directly of the team members. **This session will NOT be judged.**



Prizes

Prize money will be awarded to each member of the winning team, with additional prize money for the runners up. The winning team will also be awarded The Spike Milligan Trophy, awarded free entry into one Spring or Winter Conference of The College of Psychiatry of Ireland (valid for three years) and also free entry into one Trainee Committee Conference in 2019.

Wednesday 28th November 2018

The Button Factory, Curved Street, Templebar, Dublin (TBC)

Topic: *“Mental illness: everybody’s business, nobody’s child”*
