

Presenting & Communicating With Confidence

boost



Introductions

“I wish I wasn’t here...”

“I’m happy to be here...”

The background features a repeating pattern of small, light purple triangles pointing downwards, arranged in vertical columns. The background color transitions from a dark purple on the left to a lighter purple on the right.

Deliver with
Impact

**What does
good look like?**

The seven P's

Passion

Passion

Preparation

Passion

Preparation

Positivity

Passion

Preparation

Positivity

Presence

Passion

Pictures

Preparation

Positivity

Presence

Passion

Pictures

Preparation

Pace

Positivity

Presence

Passion

Pictures

Preparation

Pace

Positivity

Pause

Presence

Be authentic

The background features a repeating pattern of small, solid purple triangles. These triangles are arranged in vertical columns, with each column containing a sequence of triangles pointing downwards. The overall effect is a textured, rhythmic pattern that transitions from a very dark purple on the left to a lighter, more vibrant purple on the right.

The background features a repeating pattern of small, dark purple triangles pointing downwards, arranged in vertical columns. The overall background color is a gradient of purple, transitioning from a darker shade on the left to a lighter shade on the right.

Be interesting

Be focused

The background features a repeating pattern of vertical lines. Each line is composed of small, dark blue triangles pointing downwards, set against a lighter purple background. The overall effect is a textured, rhythmic pattern that transitions from a darker purple on the left to a lighter purple on the right.

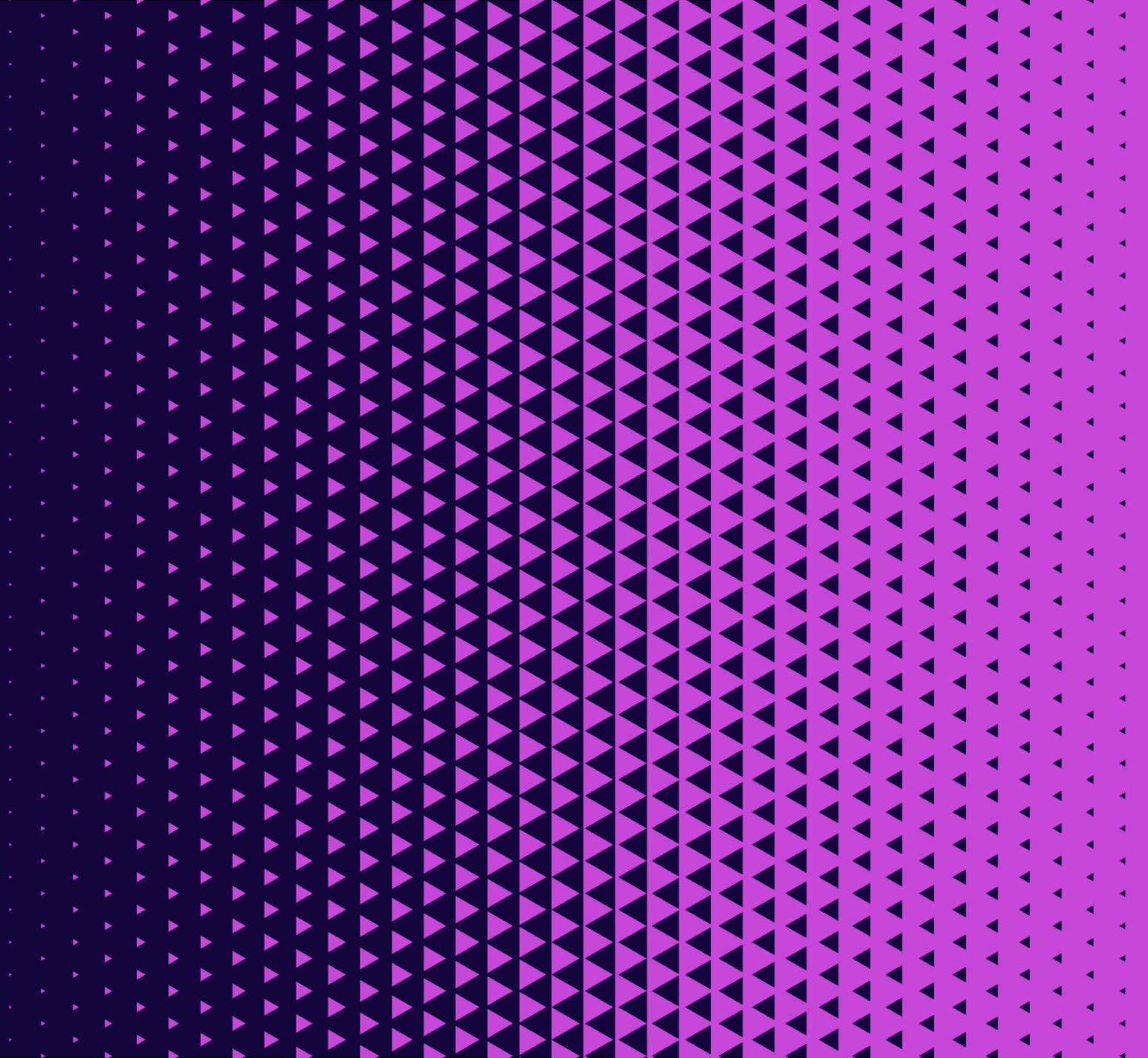


**Be aware
of your
audience**

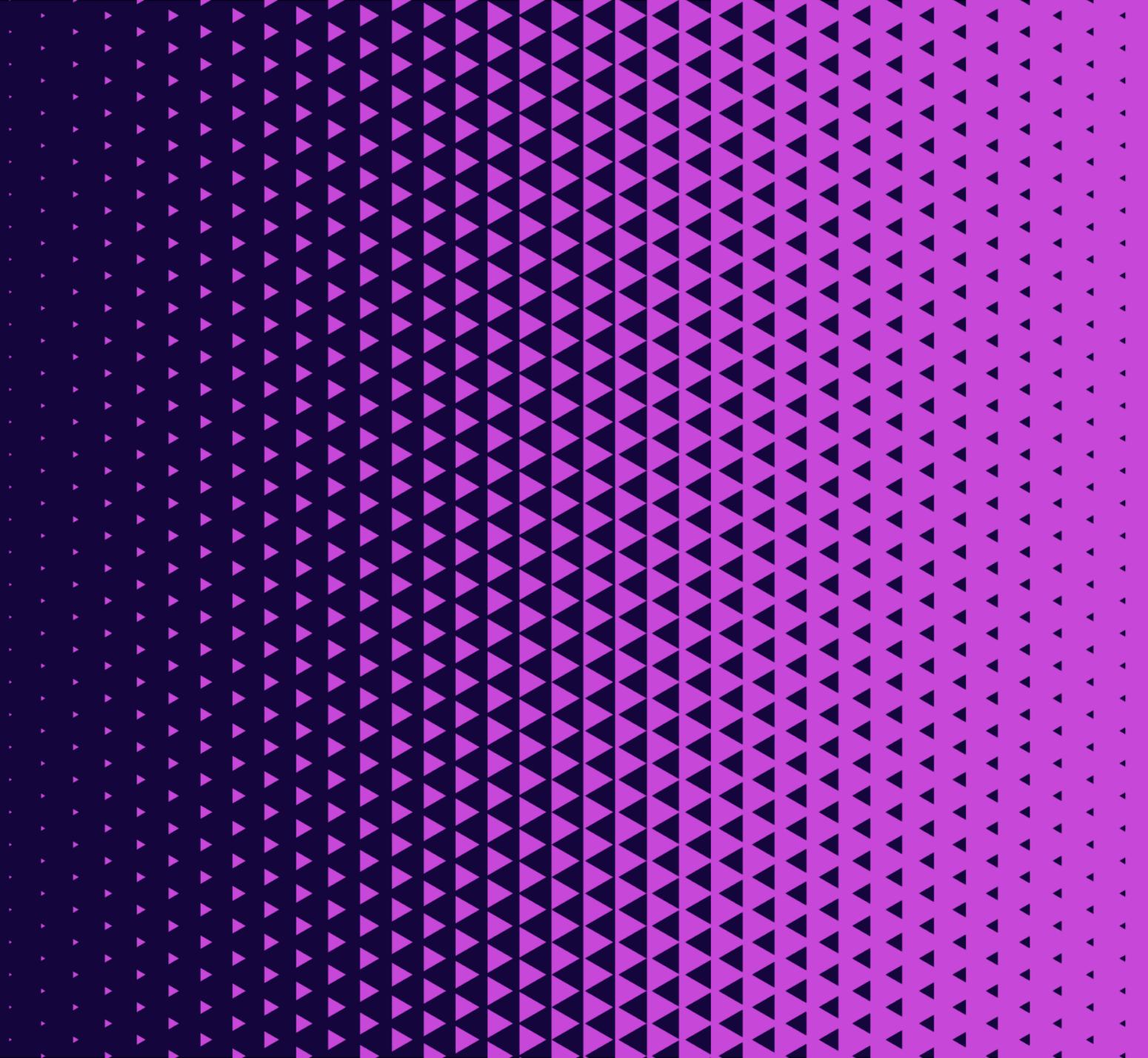


**What do
you want
them to...**

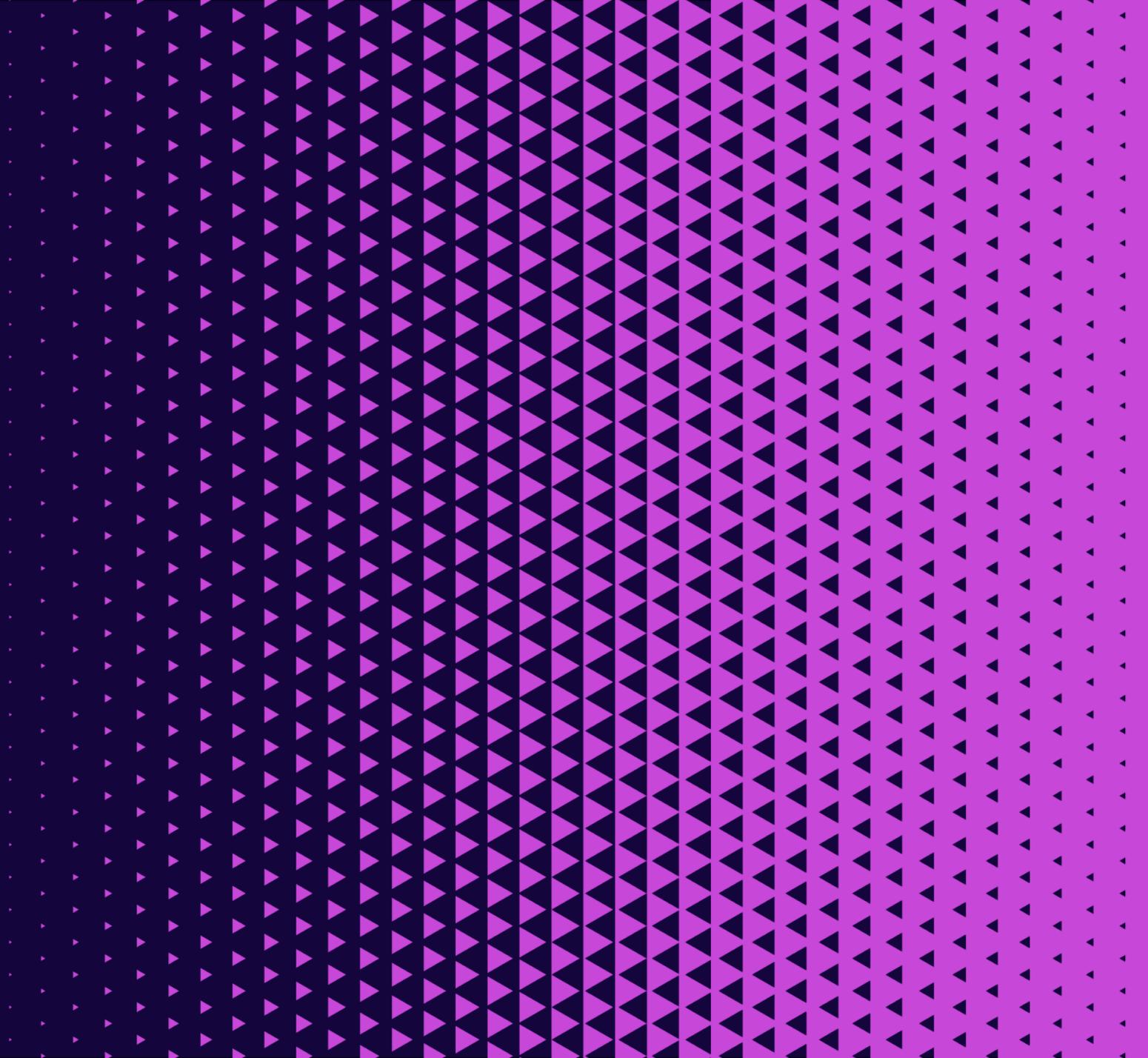
Think



Feel



Do



**People love
stories**

Research shows
audiences retain 63% of
stories, but only 5% of
statistics

Study conducted by Stanford Professor Chip Heath.

**Charities have
GREAT STORIES
To Tell**

We are
ALL
storytellers

Tell YOUR story

Emotion First

Data Second

Over to you

Task

Who you are – Your role or experience.



Task

Who you are – Your role or experience.

What you do – Your key focus in simple terms.



Task

Who you are – Your role or experience.

What you do – Your key focus in simple terms.

Why it matters – The impact you create.



Task

Proof – Tell us a story using a real-life example that demonstrates that impact.



Structure your Speech

Opening Hook

Decide what your
message is.

Use clear, concise,
simple language

Paint a picture with
examples

Start well

End well



Deliver

With Confidence

Body Language





Non-Verbal Signals

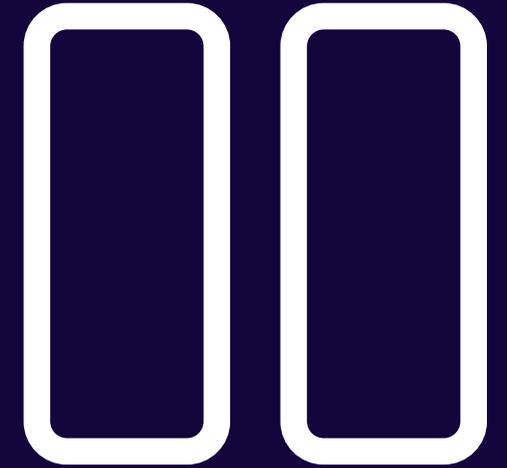
Nervous habits

- ★ Coughing regularly
- ★ Gripping/leaning on the lectern
- ★ Clenching or wringing hands
- ★ Pacing the room or stage
- ★ Hands in pockets
- ★ Jingling change or keys
- ★ Twisting your ring
- ★ Licking your lips
- ★ Adjusting your hair or clothing
- ★ Fidgeting with a pen
- ★ Placing your arms behind your back
- ★ Touching your face

**What do I do
with my hands?**

Voice

The power of the pause



Use silence.

It will give your message impact.

**Slow down,
but not too much.**

Be the Paramedic.

Non-Words & Filler words

“Like”

“Sorry”

“Ummmm”

“You know”

“Errrr”

“So...”

“I guess”

Nerves are normal

You are not alone!

“I loathe making speeches,
and always have.”

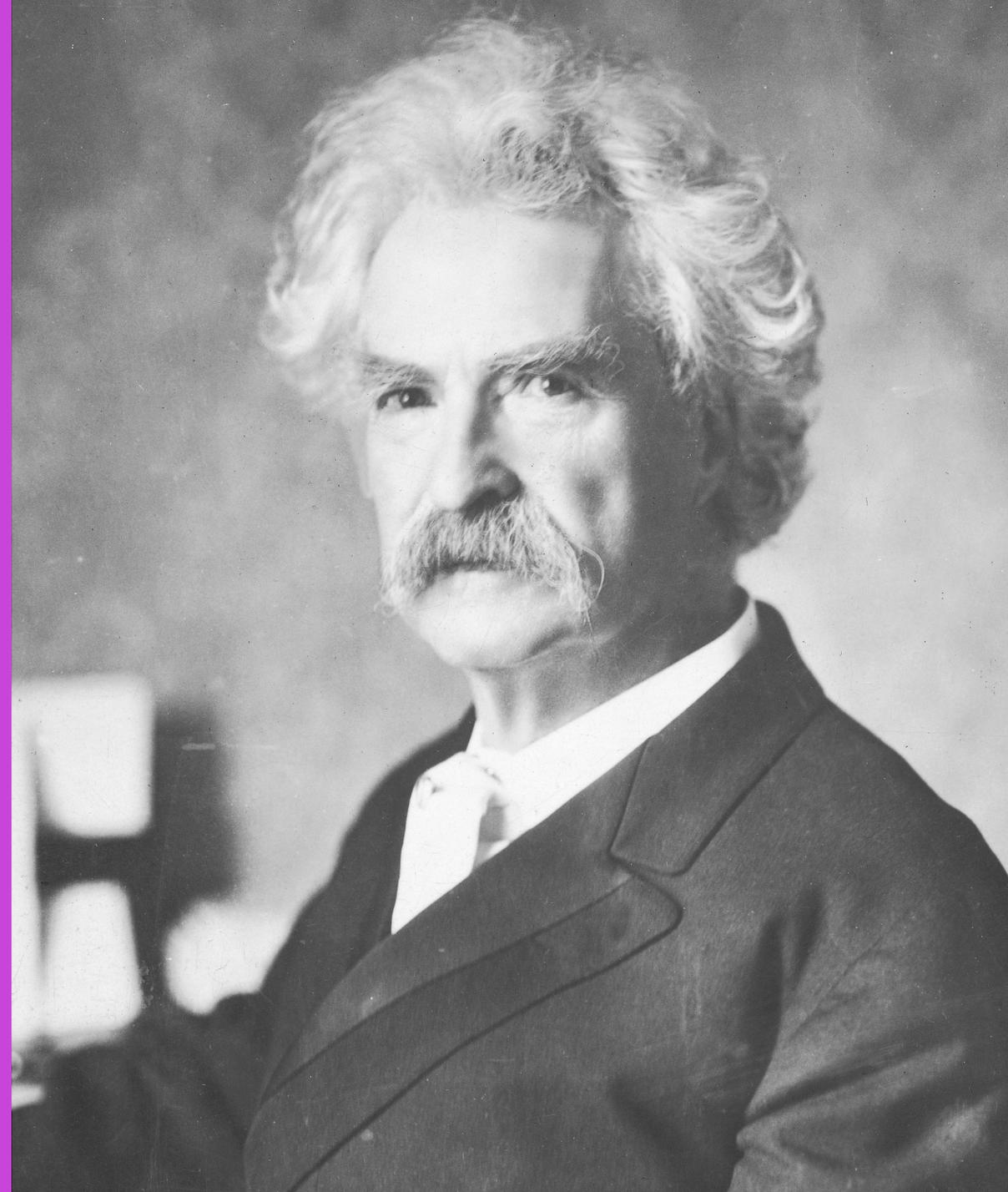
Richard Branson



You are not alone!

“There are two types of speakers: those that are nervous and those that are liars.”

Mark Twain



Breathe.

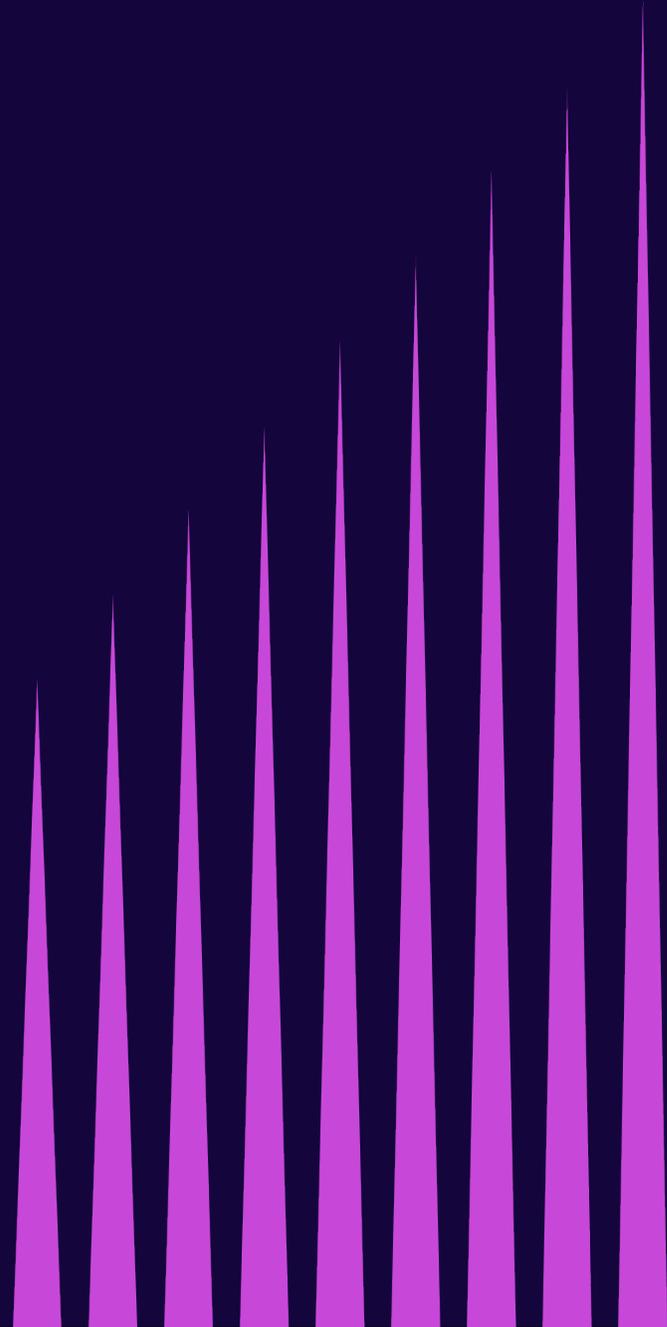
Be enthusiastic

No matter what the subject, use enthusiasm. This is an audience's most desired trait.

Speak expressively.

Smile sincerely.

Practice
out loud

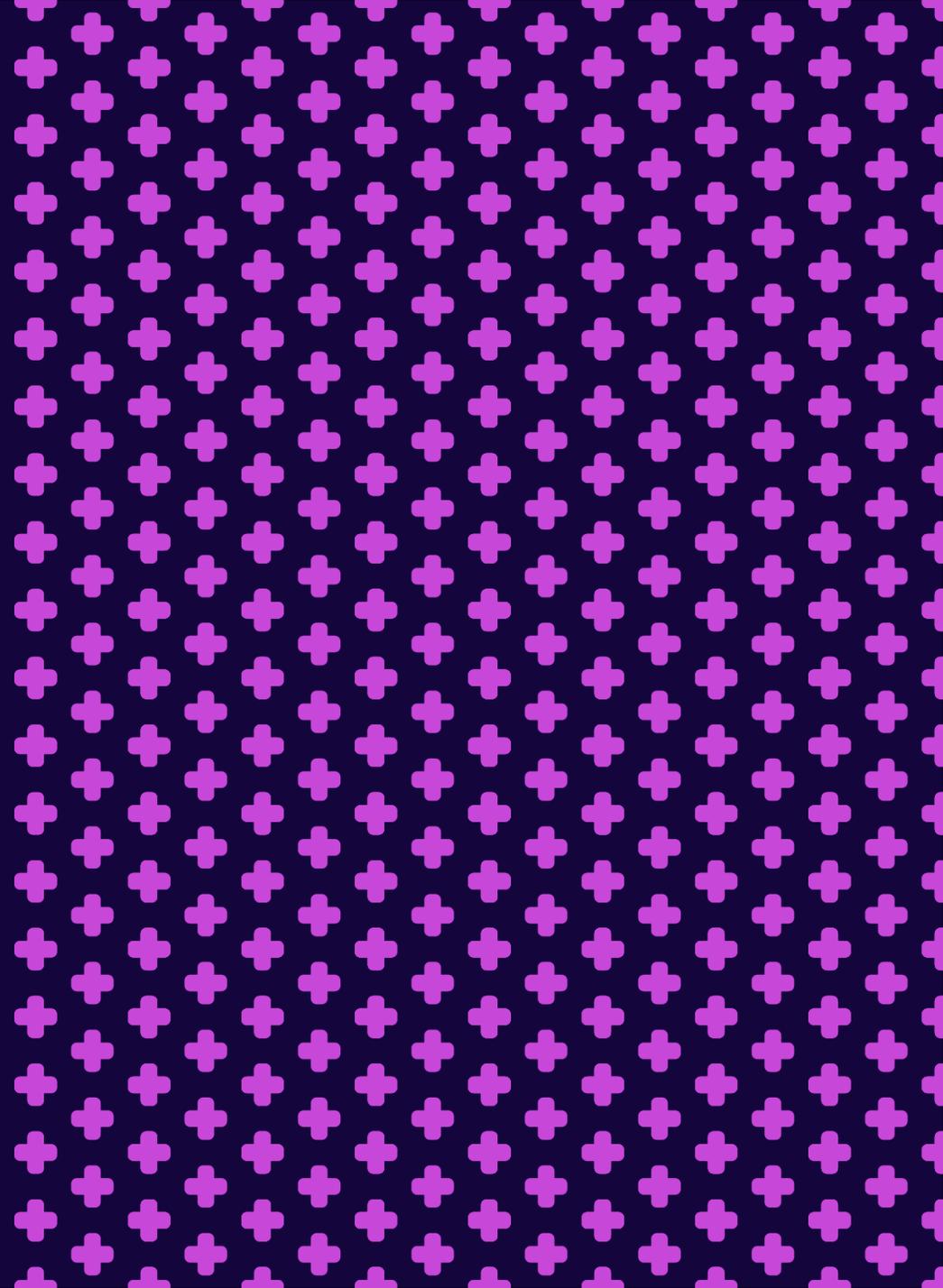


Rehearse, Rehearse

Fewer than 2% of over 5,000 business presenters in Fortune 500 companies actually conduct a dress rehearsal and practice their presentation aloud.

Mix it up

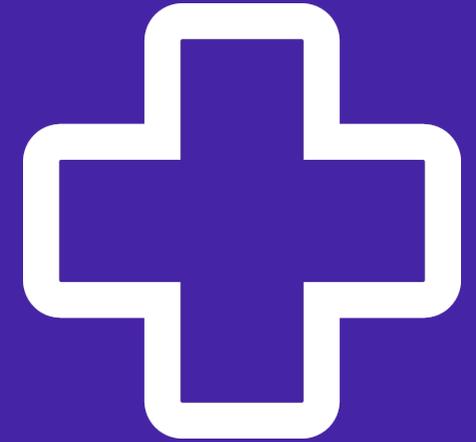
- ★ Consider your delivery
- ★ In real life conversations we change our pace, tone and emphasis
- ★ Use facial expressions
- ★ Where you can... smile



Practical tips

- ★ Get familiar with your environment
- ★ Make sure the tech works before you start.
- ★ Take a moment to get yourself in the zone – refresh your memory with the start, first minute and end of the presentation.
- ★ Make sure you have water
- ★ Do what you need to do to prepare

Think
positively



Don't worry about the future
consequences. Be in the moment.

Task

How do you want to be seen by your audience?

What techniques will you use to help you convey this?



Thank you

boost

