LEADERSHIP HEADQUARTERS

Presenting with Confidence.

Have you ever had to give a public presentation? If so, you may remember damp palms, butterflies in your stomach, and an overwhelming wish to hide in a cupboard instead of striding onto the stage. Chances are you'll have to get used to public speaking.

The good news is that you can learn to speak publicly with confidence - and even enjoy it. There are two keys factors that change the way you experience public presentations. One is the use of mental strategies that enable you to feel confident and in charge. The other factor is the preparation that results in a presentation, that rocks!

EXERCISE: PRESENTING WITH CONFIDENCE

Using the information from the links below, draft/develop a proposed PowerPoint presentation. Ask your coach to provide feedback on your completed presentation.

Public speaking doesn't have to be scary - it can be fun! The secret of success lies in the preparation.

REFERENCES

- Planning an effective presentation, University of Leicester
- Delivering an effective presentation, University of Leicester
- Using visual aids, University of Leicester