



Presentation Techniques

THREE GREAT TRUTHS OF PUBLIC SPEAKING (FT)

Don't be afraid to be funny

- Not crammed with jokes but at least one attempt at a well-chosen joke
- Obviously depends on audience/context

The rule of three

- A beginning, middle and an end
- Too much information over a prolonged period makes it hard to deliver and digest

Preparation

- Some stats suggest you need at least 1-hour of practice for every minute of a talk

MINDSET

Getting yourself in the right mindset to perform. Learn from the process used in other pressurised situations such as exams, sport etc.

- Comfort in routine
- Be prepared
- Visualisation
- Breathing techniques
- Think about what creates confidence for you

TIPS FROM MY OWN EXPERIENCE

- Relax. Try to talk in a conversational style
- Use your body to alter your voice
- Engage with your audience (questions/eye contact)
- Give examples that people can relate to
- Tell stories – if from your own experience then all the better
- If you don't know something then be honest
- Get others to critique you/record yourself and review
- Watch what makes other great speakers great
- Be yourself. Have confidence in the fact that your personality is strong enough
- Practice makes perfect (societies at uni a good platform)