

PRESENTING

IN THE ROOM AGAIN



AREAS TO WORK ON

Lower Body



NOW THEY CAN SEE YOUR LOWER BODY TOO — SPEND TIME REHEARSING STANDING UP



NOTES

DO THE REHEARSALS WITH MINIMAL NOTES. AND TRY AT LEAST ONE REHEARSAL WITHOUT ANY NOTES WHATSOEVER



VOICE

FILL UP THOSE LUNGS, AND START PROJECTING YOUR VOICE



Facial expression



SIMILAR TO THE NEW FOUND OPPORTUNITIES FOR EYE CONTACT, YOU CAN CONNECT WITH YOUR AUDIENCE USING YOUR FACIAL EXPRESSION AND YOU CAN LEARN MORE ABOUT THEIR FEELINGS FROM THEIR FACIAL EXPRESSIONS.

AREAS THAT ARE EASIER



Eye contact

NOW IT WILL FEEL NATURAL AGAIN TO MAKE EYE CONTACT. WHAT'S MORE, YOUR AUDIENCE WILL LOOK BACK AT YOU — THEY MIGHT EVEN SMILE AND GIVE OFF POSITIVE BODY LANGUAGE TOWARDS YOU, GIVING YOU A REAL BOOST

Humour



THIS IS FAR MORE LIKELY TO WORK IN THE ROOM — IF A FEW PEOPLE LAUGH OUT LOUD, OTHERS WILL DO THE SAME



Gestures



GESTURES WILL ADD WEIGHT TO YOUR DELIVERY. GET USED TO USING THEM AGAIN — THEY CAN BE A POWERFUL WEAPON