

## (Another) 5 Tips for Managing Presentation Nerves

### 1. Consider how you dress

Dress comfortably and appropriately to the group you are addressing.

Rapport is about creating a sense of 'sameness' between you and your audience – and first impressions count. Be slightly more formally dressed than you expect them to be.

### 2. Prepare the logistics of your presentation

Check venue and equipment immediately prior to your session.

It is highly recommended you arrive some 45 minutes before your audience and are totally set up and ready to go prior to the first arrivals. This will help create the impression that you are a professional and are fully prepared

### 3. Get to know people before you present

Talk with individuals informally before you start. Then when you stand up in front of your group, you will see some familiar and friendly faces in your audience.

Even better, use the names of these people and perhaps refer to something you discussed with them during your presentation.

### 4. Remember ... you're speaking with real people!

Use 2 to 4 second eye contact with everyone.

Imagining you are talking with your group in your own lounge room can help you have easy and relaxed eye contact with everyone.

### 5. Your uniqueness is what they want to experience

Develop your own style of presentation, rather than attempt to imitate. The key to engaging your audience is being authentic.

The world is full of presenters who 'spin' information and come across as doing a 'hard sell'. Being the real you will add to your credibility and convey your trustworthiness.