Presentation skills
Hands up
What people fear the most

1. Speaking in front of a crowd
What people fear the most

1. Speaking in front of a crowd
2. War and natural disasters
3. Illness
4. Spiders and other bugs
5. Snakes and other reptiles
6. Economic collapse
7. Death
Reflection in pairs

• What do you want to be better at?

• What do you want to learn today?
Get to know each other – Questions on note

- Partner up in pairs
- Greet each other
- Ask the question on the note
- Exchange notes and change partner
A good presenter

• Name a person you think is a good presenter (male or female)
• Name 3 things he or she does
Nervousness

- Rapid heartbeat
- Sweaty hands
- Dry mouth
- Trembling
- Dizzyness
- Blushing
Everyone gets nervous

• Fear of ourselves
• Fear of others
• Fear of content
Be grounded

• Make a group circle (5-7 persons)
Presentation

• Group up
• My name
• What I study
• Where do I come from
• Something nice about my homeplace
What makes you comfortable in the situation?
Structure

• Main message
  – What I’m going to tell you
  – I tell you
  – What I told you
TIME FOR A BREAK
Breathing

INHALE

EXHALE
Voice

I LOVE MY VOICE!
Presentation

• Opening – get the attention!
• Who am I?
• What I’m going to tell you
• Message: I tell you
• Closure: What I told you and thanks

• 5 minutes preparation
Presentation and feedback

• Group up and give your presentation
• Each person should get at least three positive feedbacks
• How was today?
• What do you want to bring with you?
Good luck!