

Presenting has two levels



Inner level

Attention, state, nervousness
How you regulate yourself



Outer level

Voice, posture, structure
How you come across



Writing prompt

Think of an upcoming or recent presentation that you are nervous about.

Take a pen & piece of paper (or open a text processing tool)



Writing prompt

Think of an upcoming or recent presentation that you are nervous about.

Take a pen & piece of paper (or open a text processing tool)

My nervousness before presenting shows up in my body as...



Writing prompt

Think of an upcoming or recent presentation that you are nervous about.

Take a pen & piece of paper (or open a text processing tool)

That feeling makes it difficult for me to...



Writing prompt

Think of an upcoming or recent presentation that you are nervous about.

Take a pen & piece of paper (or open a text processing tool)

That feeling make it easier for me to...

1 Your mind

Resource mobilization

- Sharpens focus
- Speeds up processing
- Signals task importance

Interference

- Overloads working memory
- Fuels rumination
- Blocks retrieval

2 Your social radar

Attunement

- Picks up audience cues
- Enhances error detection
- Increases expressive energy

Self-monitoring

- Turns attention inward
- Monitoring replaces communicating
- Audience becomes imagined critic

3 Your drive

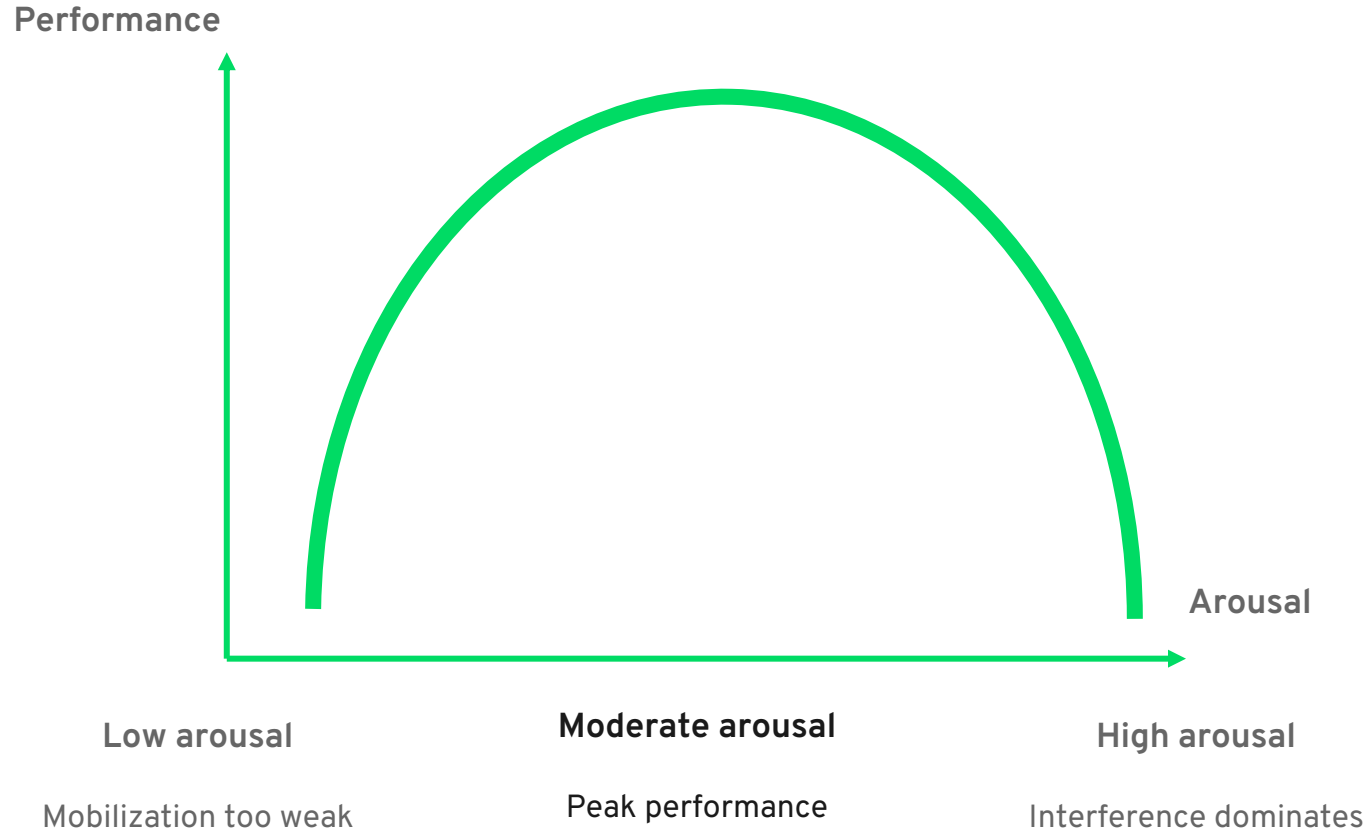
Goal engagement

- Increases effort
- Heightens commitment
- Energy directed toward execution

Threat orientation

- Activates avoidance
- Narrows behavioral flexibility
- Shifts from performing well to not failing

Embrace your nervousness, don't fight it!



The goal is not to eliminate nervousness.

The goal is to regulate it.

Research insight : People who reappraise their anxious arousal as excitement perform better than those who attempt to calm down

Section Maria



Reflection

You just experienced two different approaches.

**What felt different
between the two parts?**

Share one aspect in the chat.

Four dimensions of presenting

	My delivery	Their experience
Inner level	Self-regulation How do I manage my state before and during?	Awareness What is happening for them while I present?
Outer level	Technique How do I use my voice, posture, and breathing?	Connection How do I intentionally guide their attention?

Three small moves that create participation



Activation

"Think of the last time you experienced this."



Self-awareness

"What stands out to you right now?"



Choice

"What would be most useful next: example or method?"