

Transcript | Nerve-Busting Tactics for Confident Presenting

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00:00:00.280 --> 00:00:11.940

Presenter: Welcome to this event on nerve-busting tactics for confident presenting. My name is Joel Smith, and I am the events manager here at Apolitical.

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00:00:12.150 --> 00:00:27.340

Presenter: It's great to have you all with us today. Please do use the chat to introduce yourself, share where you're joining us from, your organization, who you work for, and say hello to your fellow attendees.

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00:00:27.360 --> 00:00:36.720

Presenter: Today, we're bringing back one of our highly rated recorded masterclasses, Exploring Techniques to speak with confidence when it matters most.

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00:00:36.720 --> 00:00:51.199

Presenter: We'll cover simple ways to manage nerves, use your voice and body language more effectively, and keep your audience with you throughout. Our speakers will share practical tips for you to try in your next meeting or presentation.

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00:00:51.200 --> 00:00:55.719

Presenter: Now, for those of you joining us for the first time, first of all, welcome.

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00:00:55.720 --> 00:01:10.080

Presenter: Ap Political is the world's largest online network for government, used by over half a million public servants and policymakers from across 170 countries. We are a strategic partner to governments.

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00:01:10.090 --> 00:01:23.420

Presenter: Helping them prepare their workforces for the future. We do this by upskilling through short online courses and peer communities, as well as by building innovative learning tools designed for and with governments.

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00:01:23.680 --> 00:01:30.649

Presenter: We'd also love for you to join your peers in the public sector across the world in our Life in Government community.

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00:01:30.650 --> 00:01:50.479

Presenter: Whether you're new to government or further along in your career, this forum is a space to share resources, ask questions, and learn from peers about the informal rules and everyday realities of the public sector. You'll find the link in the resources tab at the bottom of your screen, so please do take a look, and we'd love to see you in there.

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00:01:50.960 --> 00:02:07.160

Presenter: Now, before we introduce our speakers, we're going to run a quick poll to get you thinking about today's topic. You should see this pop up on your screen shortly. Now, the poll question is, what part of presenting makes you most nervous?

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00:02:07.160 --> 00:02:23.479

Presenter: Is it losing your train of thought? Is it seeing the audience disengage? Getting a tough or unexpected question, running out of time? Or if it's something else entirely, please do share that in the chat. We love to see your responses.

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00:02:24.580 --> 00:02:27.930

Presenter: I'll give you just a moment to submit your answers.

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00:02:33.380 --> 00:02:34.770

Presenter: Okay.

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00:02:34.770 --> 00:02:57.770

Presenter: Thank you so much for submitting your answers to that poll. Now, let me introduce the two brilliant speakers featured in today's Masterclass, Marius and Maria. Marius Moeller is a consultant and facilitator who helps leaders and teams navigate complex change through human-centered engagement and effective collaboration.

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00:02:57.820 --> 00:03:14.530

Presenter: He holds an MPA from the Harvard Kennedy School, and brings a background in leadership and organizational development. Marius designs and facilitates workshops where dialogue, structure, and presence enable better decision-making and meaningful participation.

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00:03:14.890 --> 00:03:25.459

Presenter: Maria Rincon is a former TV host and United Nations communications consultant turned public speaking coach and TEDx speaker.

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00:03:25.620 --> 00:03:45.089

Presenter: Inspired by her multicultural Chinese-Columbian background and passion for storytelling, she works with non-native English speakers to improve presentation skills, build speaking confidence, and communicate effectively. Now, over to Marius and Maria for their masterclasses.

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00:03:46.830 --> 00:03:58.779

Presenter: Maria and I were gonna go back and forth, basically. So, so it will be first me, then over to Maria, and then me again. So let's see how that plays out. And, for the...

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00:03:58.780 --> 00:04:14.570

Presenter: My part today, I want to focus first on the inner level. So, basically, you can see presenting towards an audience is usually composed of two levels. Inner level, so what's currently happening in your body, in your mind, what you're noticing yourself, and the outer level, what's visible.

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00:04:14.870 --> 00:04:24.290

Presenter: With the audience. So your voice, your posture, maybe the many M's, so I'm actually not really good at minimizing the M's, you'll see that today.

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00:04:24.920 --> 00:04:43.550

Presenter: And to focus on the inner level, I'd ask you to do the following. Please take out a pen and piece of paper, a little bit old school. If you don't have a pen and piece of paper ready, then just open a text processing tool, like Word or Notes.

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00:04:44.180 --> 00:04:59.960

Presenter: And while you're doing this, think of an upcoming or recent presentation that you are quite nervous about, or that you were nervous about. I'll just give you, a few seconds to do that, so open a text file or piece of paper.

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00:05:01.870 --> 00:05:18.840

Presenter: And what we're gonna do next is a small activity that's called automatic writing. So I'll give you a few prompts, sentence stems, if you will, and you will, I will give you the prompt, and your task is to finish that sentence with whatever comes to your mind.

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00:05:19.080 --> 00:05:30.419

Presenter: And please don't stop. And if I mean don't stop, that literally means if you don't know what to write, what to write else, and you write, I don't know what else to write, Marius is annoying, etc. Whatever comes to your mind.

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00:05:30.590 --> 00:05:31.330

Presenter: Okay?

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00:05:32.510 --> 00:05:38.880

Presenter: Alright, let's get this going. My nervousness before presenting shows up in my body as...

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00:05:40.920 --> 00:05:46.759

Presenter: My nervousness before presenting shows up, and in my body as... and you just complete the sentence.

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00:06:05.100 --> 00:06:06.300

Presenter: Okay.

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00:06:06.770 --> 00:06:11.039

Presenter: That feeling that I notice makes it difficult for me, too.

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00:06:13.080 --> 00:06:14.760

Presenter: To do... to be.

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00:06:15.720 --> 00:06:18.059

Presenter: Just... Red it down.

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00:06:18.640 --> 00:06:25.960

Presenter: that feeling Did you notice in your body, when you think you're nervous, makes it difficult for me, too?

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00:06:33.480 --> 00:06:40.170

Presenter: And the next one, that feeling makes... that's a small typo... that feeling makes it easier for me, too.

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00:06:41.560 --> 00:06:45.870

Presenter: that feeling... Makes it easier for me to...

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00:06:46.260 --> 00:06:49.310

Presenter: Maybe it makes... what does it make possible?

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00:07:05.320 --> 00:07:11.579

Presenter: So, Looking at your, notes, just...

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00:07:11.580 --> 00:07:29.429

Presenter: look at your notes while listening to that really short, impulse, input, that I wanted to share. So, a little bit based on... based on psychology, so I have a background in psychology, and so what I usually find super interesting is how certain, elements in your body, but also in your mind.

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00:07:29.430 --> 00:07:39.949

Presenter: have, they're never only good or only bad. They usually serve different purposes. So some... sometimes certain things are functional, and sometimes they're dysfunctional.

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00:07:39.950 --> 00:07:51.800

Presenter: So here, I want to show you, kind of, the... both the functionality and this functionality of nervousness along three dimensions. One is around everything around cognitive processes, so think about your mind. So...

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00:07:51.800 --> 00:08:02.500

Presenter: Yes, nervousness actually can be quite beneficial, because it does sharpen your focus, it makes you more on point, and it signals to you, hey, this is quite important.

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00:08:02.810 --> 00:08:12.860

Presenter: However, also dysfunctional elements, where it diminishes your working memory, you start forgetting something, and you start basically losing your mind.

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00:08:13.840 --> 00:08:22.629

Presenter: The second element is anything around, social, social processes, so you interacting with your audience.

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00:08:22.950 --> 00:08:39.800

Presenter: high nerve... actually, a little bit of nervousness can be quite functional, in a sense that it basically makes you this owl that I've... that I mentioned before, and basically you open up your eyes, you look around, and you pick up cues from your audience that you wouldn't have picked up, not being nervous at all.

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00:08:40.130 --> 00:08:58.380

Presenter: However, if you overdo it, then it starts being a bit more about self-impression management, you start to being more turned inwards, you start to realize all these different, these different feelings in your body, and so you lose connection with your, with your audience.

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00:08:59.240 --> 00:09:03.590

Presenter: And the second is all around... the third element is all around motivation. So...

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00:09:03.750 --> 00:09:21.660

Presenter: Excitement and arousal and nervousness actually can be really, really powerful as a tool for you to be motivated, to be driven. And so, probably, once you are nervous, you start preparing better, you will increase your effort in putting in delivering a presentation.

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00:09:22.340 --> 00:09:26.239

Presenter: However, this functional component of it, to the right.

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00:09:26.540 --> 00:09:38.380

Presenter: on that slide, is basically you can withdraw. You will actually see, I don't want to engage with that audience anymore, I don't want to deliver that presentation. So that's the dysfunctional part.

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00:09:39.650 --> 00:09:47.230

Presenter: if you put all of this together, and that's kind of the one takeaway I want you to, to leave with.

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00:09:47.230 --> 00:10:01.239

Presenter: is basically... is do not fight nervousness, but rather embrace it. So, actually, there are quite positive effects of being nervous. If you have no nervousness at all, so you have a really low arousal.

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00:10:01.240 --> 00:10:05.239

Presenter: That actually is, detrimental to your.

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00:10:05.240 --> 00:10:18.629

Presenter: motivation, to your social radar, but also to your cognitive process. So we need some element, some level, at least, of nervousness. However, if it's too much, so if the arousal goes too high.

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00:10:18.780 --> 00:10:22.710

Presenter: Then you... these detrimental effects start to kick in.

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00:10:22.840 --> 00:10:28.220

Presenter: So yes, embrace it, while not fighting it too much.

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00:10:28.680 --> 00:10:32.489

Presenter: And there's a small, kind of,

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00:10:33.170 --> 00:10:38.380

Presenter: This is more evidence, also, that both Marie and I will touch upon this.

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00:10:38.380 --> 00:10:59.650

Presenter: And which is the following. Basically, you see here in this chart, we're not talking about arousal. And I'm not talking about a nervousness, but around... but about arousal. And that's because arousal and nervousness, actually, they have the same physiological backgrounds. So, sometimes you might think that you are quite nervous, but what you actually are, you're super pumped up, and you're super excited.

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00:10:59.650 --> 00:11:03.139

Presenter: About a certain... about delivering a presentation.

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00:11:03.210 --> 00:11:22.260

Presenter: How you can use that, we'll, hear later on by, from Maria. She'll touch upon this, about this reframing, and how you can use this, this common background of both the arousal and excitement, as well as the nervousness.

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00:11:22.430 --> 00:11:26.009

Presenter: But I'll stop here and hand over to Maria.

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00:11:30.040 --> 00:11:35.600

Presenter: Thank you, Maurice. So... Let's continue here.

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00:11:36.910 --> 00:11:45.170

Presenter: with techniques for stress management in public speaking. So, Marius gave a bit more of an in-depth academic way for you to

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00:11:45.170 --> 00:12:02.429

Presenter: understand yourself in public speaking, fears, what thoughts go on in your head before you go on, and understanding how they could actually be useful. So now, we're going to put these into techniques we can actually use right before speaking, and also while we speak. So...

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00:12:02.920 --> 00:12:04.230

Presenter: Some facts first.

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00:12:04.870 --> 00:12:09.430

Presenter: Around 70% of people in the world are afraid of public speaking.

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00:12:09.430 --> 00:12:27.149

Presenter: And this is just to say that this is something very common, its name is glossophobia, so fear of tongue in ancient Greek, and it actually originated from the fact that when we were in the caveman days, we were in herds, we were a collective society, we were always in group.

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00:12:27.150 --> 00:12:45.189

Presenter: When we became estranged from our group, or even if it's something like public speaking, when we're speaking to a crowd, that sends signals in our brain that, hey, we're alone, we're not safe, what we say might actually cut us off from the group, which will put our survival in death, actually.

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00:12:45.190 --> 00:12:59.999

Presenter: However, what's fun here is that human beings are only born with two innate fears. The first one is fear of heights, and the second one is fear of loud noises. So, even though there are so many people afraid of public speaking, there are many contributing factors.

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00:13:00.060 --> 00:13:02.090

Presenter: And some of these factors include

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00:13:02.250 --> 00:13:14.210

Presenter: Number one, personality. So, you might identify someone that's more introverted or ambivert, so someone doesn't really do well with large crowds, or doesn't get energy from speaking to crowds.

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00:13:14.210 --> 00:13:28.429

Presenter: It could be genetics, so I'm not saying there is a gene that's responsible for the fear of public speaking, certainly not true. However, there are people that are more predisposed to anxiousness and anxiety from the gene pool.

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00:13:28.430 --> 00:13:46.390

Presenter: Another thing could be lack of exposure, so maybe you didn't go to classes in public speaking, or you didn't perform as a kid or in university. It could also be things like during COVID-19, when we were all stuck at home, and we had no social interaction, and it could have really...

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00:13:46.850 --> 00:13:57.610

Presenter: helped us, no, could have really made us more insecure about being in large groups, talking to people, etc. And the last one is cognitive bias.

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00:13:57.670 --> 00:14:14.759

Presenter: So, my favorite cognitive bias to share is something called the spotlight effect. So, in 2000, at Cornell University, researchers came up with a study that they wanted to test the

spotlight effect to see if people... do people actually notice the small things about you when you are presenting in front of an audience?

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00:14:14.870 --> 00:14:26.129

Presenter: What they did, they put an unassuming student in this Barry Manila t-shirt, and back then, everyone was listening to Britney Spears or NSYNC, and Barry Manila was just not that cool.

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00:14:26.380 --> 00:14:43.030

Presenter: They sent the student around classrooms, where the students were facing the door, or at least the chalkboard, and the door was right next to the chalkboard. They made him walk into many rooms in that university, and at the end of the day, they asked the student, what percentage of people do you think looked at your shirt?

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Presenter: And he said, oh god, this... this shirt, I don't know, maybe, like, 50%?

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00:14:49.070 --> 00:14:55.290

Presenter: The researchers went back and surveyed the students that were in the classrooms where the student had walked in, and it was only

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00:14:55.470 --> 00:14:56.900

Presenter: 25%.

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00:14:57.190 --> 00:15:10.179

Presenter: So this just goes to show that we're always so focused on what will people think about us, or what if I get embarrassed because of this, or what about this stain on my shirt? But in reality, people don't care that much.

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00:15:10.320 --> 00:15:19.120

Presenter: So, just remember that the spotlight effect is something that can contribute to our fear of public speaking, but it's something we can override.

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00:15:19.370 --> 00:15:24.930

Presenter: Okay, so what's really happening in the brain? I really want to go over this because it'll help us understand

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00:15:25.070 --> 00:15:45.000

Presenter: how we're reacting, and how we can actually regulate it. So, I know Marius talked a little bit about this, but I'm just gonna go over the fun basics here. Okay, so, our CEO of the brain is called prefrontal cortex, and it's going around doing its thing, checking off checklists, writing down a script, thinks it's doing everything really awesome, really well, logical, rational part of the brain.

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00:15:45.030 --> 00:15:56.180

Presenter: Now we have the amygdala, the little jelly bean red-shaped thing there, and this is the alarm system of the brain, so it's looking out for safety. Its only concern is keeping us safe.

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00:15:56.490 --> 00:16:08.620

Presenter: Now, back in the caveman days, that was keeping us safe from predators. However, now, standing up in front of a crowd can actually set off that amygdala and put us in something called fight-or-flight response.

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00:16:08.930 --> 00:16:17.869

Presenter: What does that look like? Okay, so let's say I'm about to give a speech, and my amygdala is flaring up. This is the fight-or-flight response.

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00:16:17.870 --> 00:16:33.099

Presenter: My heart races, my palms are sweaty, do I fight? Which means, like, oh, I gotta get through this, my cortisol is off the roof, I'm speaking very quickly, or do I fight? Do I just say I need to get out of here and I avoid any public speaking situations?

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00:16:33.560 --> 00:16:36.699

Presenter: What we want to do is we want to start to reframe.

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00:16:36.840 --> 00:16:55.059

Presenter: So, we want to take some deep breaths, inhale and exhale, I'll show you a breathing exercise later on, and we want to reframe those thoughts. So, this is what Maurice talked about. When we're able to do that, a number of times, we're actually able to turn off that fight-or-flight response inside of us.

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00:16:55.200 --> 00:16:57.819

Presenter: And get over our nerves of public speaking.

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00:16:58.950 --> 00:17:09.440

Presenter: Now, here let's go over our managing nerves. So the first thing we want to tell you is that there is no shortcut. I'm sorry, but there is no easy shortcut. We do have to put in the practice.

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00:17:09.869 --> 00:17:19.150

Presenter: This is because once we know our material, even though we get nervous, we'll be able to fall back on focusing on the message before the delivery.

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00:17:19.240 --> 00:17:31.770

Presenter: So, here I like to use this rule called the 50-25-25 rule by Terry Saltzblatt. He was a speechwriter for Barack Obama. What he says is that research for 50% of the time.

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00:17:32.800 --> 00:17:41.190

Presenter: 25% of the time, write the script, or the key points, or put the PowerPoint together, and 25% of that time, focus on practicing.

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00:17:41.650 --> 00:17:55.710

Presenter: Because your brain is focusing more on putting the information together, it's more likely to remember what you're going to be talking about, and it's going to make it less likely for you to ramble on or freeze, because you have that self-trust in the content itself.

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00:17:56.610 --> 00:18:02.460

Presenter: Another thing about practicing, it can look like something in front of the mirror. I can always recommend recording yourself.

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00:18:03.230 --> 00:18:15.829

Presenter: putting it on pause, so not watching it right away, because we tend to be self-critical, but putting it off for an hour or two, and then coming back with observing eyes. So, just like Marius the Owl.

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00:18:15.830 --> 00:18:23.559

Presenter: Observe what you could do better, what you can do better next time, what you can improve on, without being so judgmental on yourself.

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00:18:24.430 --> 00:18:25.489

Presenter: The next thing.

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00:18:25.530 --> 00:18:39.829

Presenter: Deep breaths. So, before going on to a boardroom, or a meeting, or even turning on Zoom, I want you to sit with yourself and take deep breaths. The first thing is that this inhale and exhale helps

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00:18:39.830 --> 00:18:55.639

Presenter: activate the parasympathetic system, which is the one that's called rest and digest, what helps lower the cortisol levels. Number two, the oxygen up to your brain helps you think more clear, and number three, the cortisol offset helps reduce the cortisol in your system.

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00:18:55.640 --> 00:19:00.000

Presenter: So, what I love to do here is a 4 and 4, so inhale slowly for 4.

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00:19:01.620 --> 00:19:03.199

Presenter: And exhale for 4.

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00:19:06.130 --> 00:19:12.369

Presenter: Practice that in your own time, just as a little reset. And I guarantee, the more present you are with your breath.

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00:19:12.760 --> 00:19:18.450

Presenter: The less shaky your voice will sound, and the less rambling you'll go off in your head, because you're more fully present.

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00:19:19.190 --> 00:19:26.119

Presenter: And the last thing, the shake off. So, for some people who just have a lot of adrenaline in their system and just want to get it off.

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00:19:26.740 --> 00:19:45.729

Presenter: It's also cortisol. What we do is that we want to shake it off. If you want to be extra cheesy, have a little fun, pump up the music, and dance it off, this is actually based on science.

So, in the 1970s, Dr. Peter Levine observed that wild gazelles, after they've been chased by predators, something super traumatic in their lives, they just shook it off.

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00:19:45.730 --> 00:19:54.310

Presenter: And went along with their day. And this is something that we can learn to literally shake off the excess adrenaline and cortisol in our body before going on stage.

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00:19:54.550 --> 00:20:07.889

Presenter: There's an example of Tony Robbins, he's a motivational speaker, and he brings a mini trampoline to whatever live show he does, and he jumps on the trampoline to get rid of that cortisol and bring up some excitement before going on stage.

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00:20:07.890 --> 00:20:17.280

Presenter: So finding out what really works for you specifically, there is no one-size-fits-all formula, but here are some ways that are scientifically proven to help you deal with those nerves.

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00:20:18.060 --> 00:20:33.819

Presenter: And, this is the one Mario was talking about, cognitive reappraisal. So, instead of saying, oh god, I'm nervous, I'm so nervous, oh, this is gonna suck, I'm so nervous, switch it to, I'm excited. Or, if you feel that sounds like total BS, then say, I'm nervous, and I'm excited.

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00:20:33.970 --> 00:20:38.490

Presenter: That way, you're tricking your brain into helping you think into a positive

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00:20:38.620 --> 00:20:42.499

Presenter: Association with the feelings that you feel in your body.

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00:20:44.330 --> 00:21:03.320

Presenter: Now, now we've learned how to manage our nerves before a presentation, here's what to do during a presentation to help you appear more confident. Number one, set tone for credibility. So, I want you to never, ever, ever again minimize your own authority by starting with, hello.

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00:21:03.440 --> 00:21:08.560

Presenter: I want you to take away the ums, Before your introduction, because

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00:21:08.760 --> 00:21:17.090

Presenter: it takes 7 seconds for a first impression to be made. And if your first sentence has a lot of ums in it, it takes away a little bit of your credibility.

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00:21:17.290 --> 00:21:26.229

Presenter: I get it, filler words are just part of how we speak as people, and they're not a big deal, but I want you to remove them from the first sentence, if possible.

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00:21:26.760 --> 00:21:39.069

Presenter: Also, avoid sentences like, I'm just going to talk about... I'll briefly talk about, unless it's actually time-limited, things like, this might be obvious, but... or, I'm not sure if this is the right place.

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00:21:39.310 --> 00:21:56.879

Presenter: Like, even listening to you right now, I feel like you think, oh god, she doesn't really know what she's talking about, or she seems really nervous. So, instead of saying these sentences, I want you to, bam, start with delivering value, or setting the objective from the very beginning. So, instead of staying, today I'm talking about

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00:21:57.210 --> 00:22:06.679

Presenter: X topic, I want you to do... today I'm talking about X topic, because it will help you, or us, learn to understand something valuable.

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00:22:06.820 --> 00:22:17.750

Presenter: When we hook the audience with a value proposition from the very beginning, especially with a confident phrase like this, you're more likely to engage and keep your audience, but also appear more confident.

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00:22:19.230 --> 00:22:23.109

Presenter: And the last thing I want to touch on is body language. So...

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00:22:23.610 --> 00:22:34.410

Presenter: Posture not only helps you appear more confident because of something called, of taking up space physically, but also it helps you breathe better.

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00:22:34.420 --> 00:22:46.980

Presenter: So, when we're breathing with bad posture, we're sinking into our lungs and squeezing our diaphragm, and that is cutting off the air needed for our voice to come out clear and loud.

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00:22:47.130 --> 00:22:56.520

Presenter: When you stand up straight, you're also having this loopback into yourself that, hey, I've got this, I'm standing tall, I can talk about something.

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00:22:56.630 --> 00:23:03.730

Presenter: with authority, with grace, with confidence. So, the trick here is just to roll your shoulders back, stand up straight.

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00:23:03.730 --> 00:23:20.030

Presenter: and walk like you're on a mission. So even if it's to the podium, or even if it's to the front of the room, I want you to walk to that spot with a mission in mind, being like, hey, I'm going to walk there and have a message to deliver. So just tricking your brain into these little tips and tricks that can help you become more confident.

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00:23:20.030 --> 00:23:31.249

Presenter: as you speak and present. So, what we've done so far is we've focused... content-wise, we've very much focused on, let's say, this... this column of my delivery.

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00:23:31.500 --> 00:23:45.879

Presenter: So I talked at the beginning about self-regulation, what you can do to manage your stay before and during the presentation. Maria also built up on this, and then added a few more on technique. This was basically the surface level.

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00:23:45.970 --> 00:24:03.169

Presenter: But what we also did underneath, behind our runs sheet, so to say, was also this, this other element at the bottom right, connection. So, we wanted, we wanted this webinar to also be.

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00:24:03.170 --> 00:24:08.740

Presenter: Looking at your kind of experience, and also considering this outer level.

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00:24:09.740 --> 00:24:25.019

Presenter: This is, at least from my experience, something that is usually missing or not touched upon a lot in presentation, which is, how can you actually also place a focus onto the audience and building connection?

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00:24:25.180 --> 00:24:27.480

Presenter: So here, I wanted to share

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00:24:27.780 --> 00:24:39.189

Presenter: Briefly, three things that you can do in order to create that connection or that engagement. One, and that's something you've actually witnessed at the beginning, which is activation.

135

00:24:39.640 --> 00:24:51.449

Presenter: So, it can be as simple as, think of the last time you experienced this. I employed this automatic writing exercise, so basically taking you back to the moment when you were nervous the last time.

136

00:24:51.690 --> 00:25:06.140

Presenter: That connects to the second point around self-awareness. So asking... asking your audience, your participants, to themselves connect what they heard to their own experience. So that is another level of creating connection and engagement.

137

00:25:06.270 --> 00:25:18.720

Presenter: And the last one, this is something that you haven't seen in today's session, but it's usually also a quite, quite common approach, which is providing choice, yeah? And I'm specifically saying here.

138

00:25:18.720 --> 00:25:28.279

Presenter: choice, and not necessarily engagement or discussion, because still, we're talking about delivering a presentation, yeah? We're not talking about a workshop.

139

00:25:28.340 --> 00:25:47.990

Presenter: Which I like a lot, but it's not the topic of today's session. So, how can you provide a glimpse of autonomy and choice into your presentation? Where you say, I've prepared two more

elements, would you rather have a concrete case study, or do you want to have tools and techniques? What would you like to hear?

140

00:25:48.010 --> 00:25:57.539

Presenter: And then you, respond based on the feedback that you provide. So these are 3 smaller elements that you can employ.

141

00:25:58.280 --> 00:26:03.360

Presenter: And as I said just now, our goal was to show

142

00:26:03.810 --> 00:26:07.090

Presenter: To show it through action, basically.

143

00:26:07.280 --> 00:26:12.649

Presenter: Show and... through a show and tell, how you can create more connection in your...

144

00:26:13.570 --> 00:26:15.989

Presenter: In your deliveries of presentation.

145

00:26:18.240 --> 00:26:41.339

Presenter: Okay, what a brilliant masterclass. So much practical wisdom and so many tips you can take into your next meeting or presentation. Thank you to all of you for joining us today and investing in your learning. If today's session sparked any questions, then please do head over to the Life in Government community and share those questions there.

146

00:26:41.340 --> 00:26:50.919

Presenter: It's a great place to keep the conversation going with your peers in the public sector, and the link to the community is in the resources tab at the bottom of your screens.

147

00:26:51.000 --> 00:27:05.449

Presenter: Now, you'll see a quick poll pop up in just a moment to find out how you felt about today's event. This will help us to continue to improve our content, so we really do appreciate your responses. This should just pop on your screen now.

148

00:27:05.530 --> 00:27:22.960

Presenter: On a scale of 1 to 10, if you can please rank your agreement with this statement, this event was a valuable use of my time. 1 meaning you completely disagree, and 10 meaning you completely agree. I'll give you a quick moment to submit your response.

149

00:27:25.150 --> 00:27:34.959

Presenter: Okay, that really is all we have time for today. We hope you found it helpful, and a huge thank you to everyone who made today happen.

150

00:27:34.960 --> 00:27:46.469

Presenter: Do keep an eye out for the email coming your way with today's recording and resources, and we hope to see you at another apolitical event very soon. Thank you very much. Have a great day, everybody.

151

00:27:46.470 --> 00:27:47.280

Presenter: Goodbye.