How To Give Great Presentations

Nervousness and How to Overcome it

Guy Smith-Ferrier
http://www.guysmithferrier.com
Twitter: @GuySmithFerrier

What We Will Cover In This Session

- Nervousness and what it does to you
- Nervousness and how to overcome it

Nervousness

- It's normal
- It will:-
  - increase adrenalin
  - increase heart rate
  - make you sweat
  - make your mouth dry
  - make your hands shake
  - put your off balance mentally

Nervousness
My Pain

Nervousness
How To Overcome It

- Practice your presentation until you're on automatic
- Structure your presentation to help you
- The first 5 to 10 minutes is the hardest

Summary

- Being nervous is normal
- Being nervous unbalances you mentally
- Practice until you're on automatic
- Structure your presentation to help you
- The nervousness will become manageable