

Manage Nerves to Demonstrate Confidence & Poise



Know your audience

Remember: Audience First! Familiarizing yourself with your audience will mitigate anxiety and help you feel more prepared. Always start with your analysis.

Practice

Practice your presentation out loud at least 3 times before you present. Your presentation will be better and your anxiety will drop.

Take deep breaths

Before you present take at least 5 deep breaths from your belly or diaphragm to give your body and brain the oxygen they need.

Nail your opening

Anxiety peaks in the first 1-2 minutes. Have your opening almost memorized to confidently engage your audience right away.

Create positive neural pathways

Take advantage of the plasticity of your brain and talk your way into being less nervous. Start by visualizing success. Then, create a mantra and repeat it as you prepare and before you present (like top athletes do).
"I am prepared and confident" *"I am simply sharing information the audience wants"*