**Presentation Narrative**

1. Setup
   1. Presentation on Mesier Object 104 (Sombrero Galaxy)
   2. Instinctively, people only respond to calm and in-control
   3. Some people get nervous
   4. Others create entertaining presos that distract don’t teach
   5. No one remembers a bad preso, they only remember good ones
2. Establish my Core Fact
3. Use template, make my presentation, edit on run-throughs
4. Basic check: legible, ¼ bottom screen, no green/red contrast
5. Am I competing? text, animations, transition
6. Does every slide support my Core Fact
7. Morning: run w/ trees
8. Avoid coffee, tea, cigarettes, glucose
9. I put water on my podium for dry mouth/salivation
10. I take 2 minutes to stretch
11. I start, pausing to breathe and look thoughtful
12. I stand stage right
13. I have a video: guide attention to it, pause, reassume attention
14. I have an animation: I draw it on a whiteboard
15. Asked for slides, point them to a PDF