Farjad Conversation skills => Paise your self esteem A Practice self disclosure -> Consider ures -> Give importance your existence -> Partie self disclosure - Imance thinking availability - Reliability on others knowledge 2 Boost thenking abolity and have faith that you can think. 3. Grow an self-knowledge. => Brush up on base conversation basic po mul jana 2) Be windful 2) know some wrent toppes 2) Manage your lamifælig believes N-league vale PTI towalo to accept

Confidence Building 7 Talk slowly >> Hold pour eye contact 3) Notice the details = Enpress your emoteons.

3 Stide Presentation Strategies \* > Nemousness 3 is natural process ? Practice le Prepare 1 >> Sensibilary >> Personal involvement ( percepton 2) Don't be static (not be 7 lat, includes ups, dawns) 3) Your Speach is about andrence not you. 3 Get audience trust \* 7 Døgamize naterial in effective nanner Concisenes of the topic) >> silder are just for the watch your feedback, adopt to it. to let your personality come through.

The winder tell stories, and use effective

\*> Don't read the slides runless you have to Use your hand and voke effectively

A Glab lattention at beginning and

choose your

Practice does not make perfect

Recording of your speeches

TWPS

> Keep jour writing professional

Types of Reports: Organize the Inspertan Report To impert the thing or project

The know who will be reading this impertion top.

There tools that can help create to inspection Progress Report/ Mateoral testing