

KIND network: 'presenting like a person'

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| Nov 12 th | <p>Session 1: topic, interactions, script</p> <p>I have a topic I want to talk to you about. But before I talk to you I'm going to put on a hat I call it my facilitator hat I'm psyched I'm also a bit nervous, and I'm going to use that energy to perform well</p> <p>I'm going to use this topic to demonstrate some things which I think are important about speaking to an audience. The topic is short and simple, which means I can talk about it in a few minutes. It's also something which covers areas that I find interesting, and I hope you will too.</p> <p>I'd like someone to time my presentation. If you can do that, please put your hand up.</p> <p>As you listen, I'd like you to make a note of anything that particularly stands out for you, or resonates with you (<i>give people a reason for listening</i>)</p> <p>My presentation I recently moved to a small town, called Aberfeldy, with my partner.</p> <p><i>Interaction: anyone from Aberfeldy or visited Aberfeldy? Thumbs up</i></p> <p>I joined the local choir.</p> <p><i>Interaction: anyone in a choir? Thumbs up</i></p> <p>The experience of being in the choir has taught me a number of things. I want to pass this learning onto you, and see if it's useful to you, whether it resonates with you.</p> <p>First of all, I need to tell you a little bit about myself. I have a strong intraversion preference. I like my own company. I get my energy from within. It's like I have an internal battery that gives me energy If I'm in a social situation, I use up that energy Afterwards, I need to lie down in a darkened room to re-charge. Anybody like that? Give me a thumbs up</p> <p>But a bit of socialising is necessary.</p> |
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I'm in a new place and want to make social connections.
But I don't like socialising!

Joining my local choir has helped me
in ways that I hadn't fully realised
until I started planning this presentation

- It provided me with social contact, which I needed
- It was a group of people either similar or older than me, which I liked
- We all had a reason to be there – we were socialising with a purpose, ie to sing songs at a concert
- (I do the same when I'm presenting – I give myself a 'hat')
- It was a contained social occasion, with a beginning and an end
- I could engage to the extent that I felt comfortable
- It was a way into the local community, and I also felt I was contributing

As I said, I have a strong introversion preference
The literature says that there is roughly a 60/40 extraversion / introversion split in the population.

So, a bunch of you on this call
may also be like me
and may also find socialising difficult.

But maybe not just people like me, but others too
In March 2025, the Independent reported
that 15% of UK adults of my age group (55-64) had **no close friends**.
And **8% of Brits say they have no friends at all**.

So, you might not have an introversion preference, like me,
but you still might be looking for more social contact.

So, joining the choir has worked for me
in the ways I described
And I wanted to pass that on.
But I also wanted to find out about your situation.
Do any of the things I've said resonate with you?

Interaction: poll. "How much of my story resonated with you?"
Most of it
Some of it
Your secret's safe with me - I stopped listening
Something else

Comment on the answers, ask anyone to come on mic if they want to (ask Jordan to do this, if no-one else does)

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| | <p>The end!</p> <p><i>Stop the presentation and ask the person timing the presentation to say how long it was.</i></p> <p>That was a demo. I want to talk about what went into my presentation</p> <p>How long was it? <i>Ask the person</i> In that time, how many interactions did you notice? <i>Answers in chat.</i></p> <ul style="list-style-type: none"> - Asking someone to time it - Anyone from Aberfeldy? <i>(Note – a Teams reaction is quicker than a poll)</i> - Anyone in a choir? - Anyone with an introversion preference? - The final poll plus anyone on mic. <i>Note – a poll is a great springboard into a conversation</i> <p><i>Tick off the interactions. How does this fit with COLF guidance?</i> What if I hadn't done any interactions? <i>Answers in mic / chat</i></p> <p><i>Other areas – answers in chat or on mic:</i> How even or not was my tone? Did I sound interested in my topic? How do you know? How was my pace: too fast, too slow or about right? (Channel Morgan Freeman)</p> <p>Also need to keep in mind theories about adult learning:</p> <ul style="list-style-type: none"> - Adults need to understand the reason behind learning before they commit to it (hence the 'so what') - Adults like to validate learning by seeing how well or not it applies to them, their context and their life experience. ('What resonated?') - Adults like to be treated as equal partners in their learning - Adults like problem solving and interactivity (hence the polls etc) <p>Show them the script Reflect my thinking: what's my aim? How do I pull people in? What's the 'so what'?</p> <p>Do I want to... Inform? Persuade? Advocate for something? Get a decision on something?</p> |
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And finally...perhaps the most important thing to say is that anyone can get good at speaking in public. It's a craft, it doesn't just happen. I spent a lot of time crafting this topic and this session. I put on my presenter hat (channel someone you know who is good at this) and I used the tools at my disposal (polls, reactions and so on) to work for me

Give example of Churchill, also Rowan Atkinson

Also Jimmy Carr: in a BBC interview, he said that he thinks anybody is capable of becoming a comedian with enough determination. "I'm only basing that on fact," he says. "I was 25, I'd never written a joke. And now I'd be regarded as someone who knows their way around a joke. You can learn that skill."

He rejects the suggestion that an inherently funny nature is required. "Everyone can learn these things. And increasing your capacity for laughter in life is no bad thing, whether you're a parent, you work in an office, or a garage, whatever you do, laughing and connecting with people is a big part of that."

Task for everyone:

Think of a topic that you can talk about for 5 minutes. Write it down

Put the topic in the chat.

What are other people curious about?

What would they like to know about that topic?