

Activity Sheet 32 – Listening to your chimp

Think about a presentation that's coming up. If you don't have one coming up convince yourself that you will be or think about how you will put yourself forward to do one.

Jot down your thoughts about the following questions

What worries about doing this presentation

On a scale of 1 – 10 (Not being nervous at all and 10 being very scared) what number would you give how you feel?

What are your worst fears about giving the presentation?

Describe how you feel about delivering the presentation?