Using the same presentation as Activity 32, think about the logical reasons why you will be able to deliver the presentation effectively.

What knowledge do you have that will help you inform your audience?

What experience do you have about your subject matter?

How will preparation help you to deliver the presentation?

What experience do you have from the past that shows you are able to overcome nerves?

If you did get something wrong – being realistic how big a problem would it be?

Do your listeners expect perfection?

Do your listeners ever get things wrong? (Hint – the answer is ‘Yes’)

Is your worth as a person dependent upon this presentation? (Hint – the answer is ‘No’)