

DAY 5

Presentation, Performance, and Body Language

How to present?

- > Always have a planned and structured speech
- > Less slides, more talk
- > Always know your first and last lines
- > Pause and Repeat
- > Practice, Practice, Practice

How to perform?

- > Use humor, tell stories and puzzles
- > Ask for feedback
- > Do not read your speech, it gets monotonous
- > Grab attention at the beginning, and close the speech with a dynamic end

Body Language

- > Eye contact
- > Do not cross your arms
- > Relaxed breath
- > Gestures to emphasize your words
- > Facial Expressions