



From Command Line to Center Stage

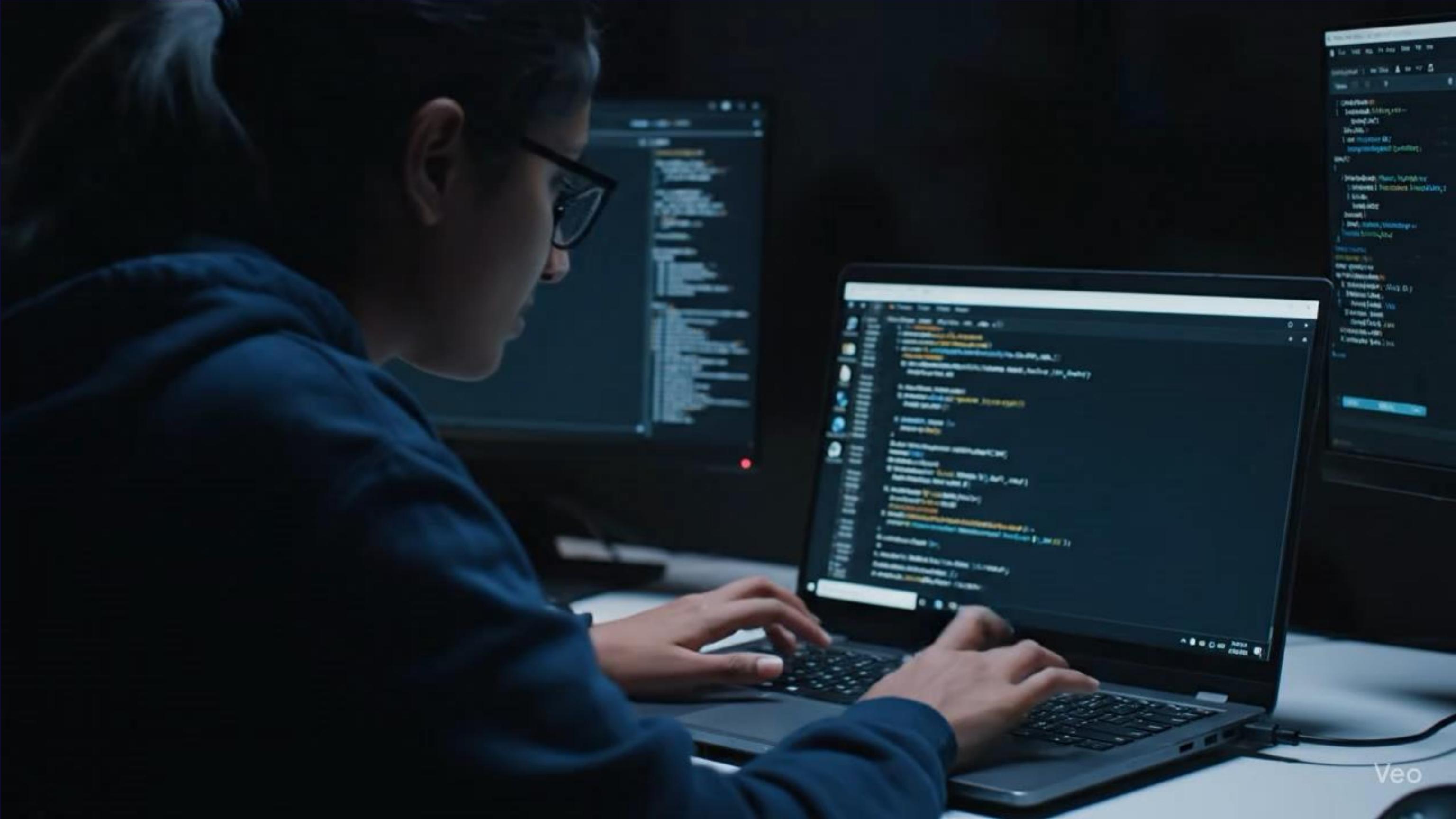
Hack Your Way to Confident Speaking



James McQuiggan



Erich Kron



Veo

Workshop Hosts – August 4, 2025



James McQuiggan



Erich Kron



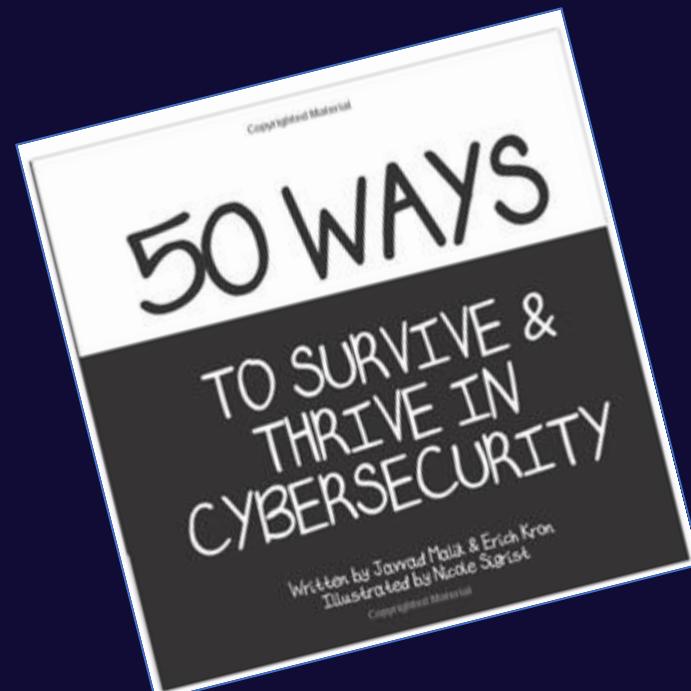
Workshop Agenda – August 4, 2025 (10:30-14:30)



Topic	Start	Finish
Introductions / Icebreaker	10:30am	11:30am
Break	11:30am	11:40am
Cold Delivery	11:40am	12:15pm
Prep / Lunch	12:15pm	13:00pm
Delivery / Critique	13:00pm	14:00pm
Crafting Talks	14:00pm	14:30pm

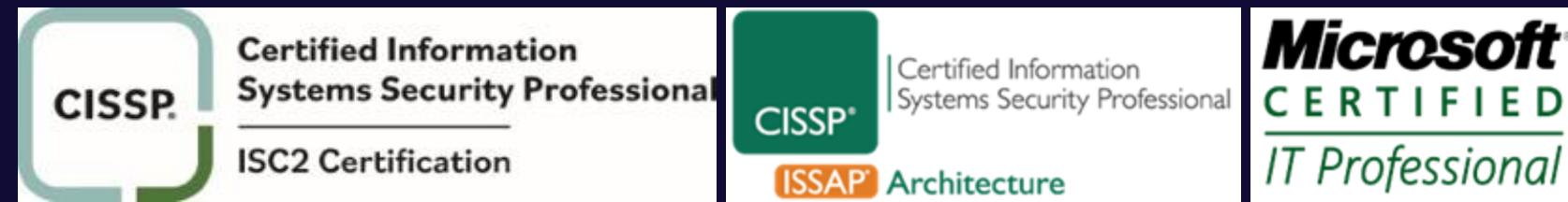


Erich Kron



About Erich Kron

- CISSP, CISSP-ISSAP, MCITP, SACP, etc...
- Former Security Manager for the US Army 2nd Regional Cyber
- Former Director of Member Relations and Services for (ISC)²
- A veteran of IT and Security since the mid 1990's in manufacturing, healthcare and DoD environments



James R. McQuiggan

CISSP, SACP, OSC

Security Awareness Advocate, KnowBe4 Inc.

Professor, Cyber Threat Intelligence, Full Sail

ISC2 North American Advisory Council

Past President, ISC2 Central Florida Chapter

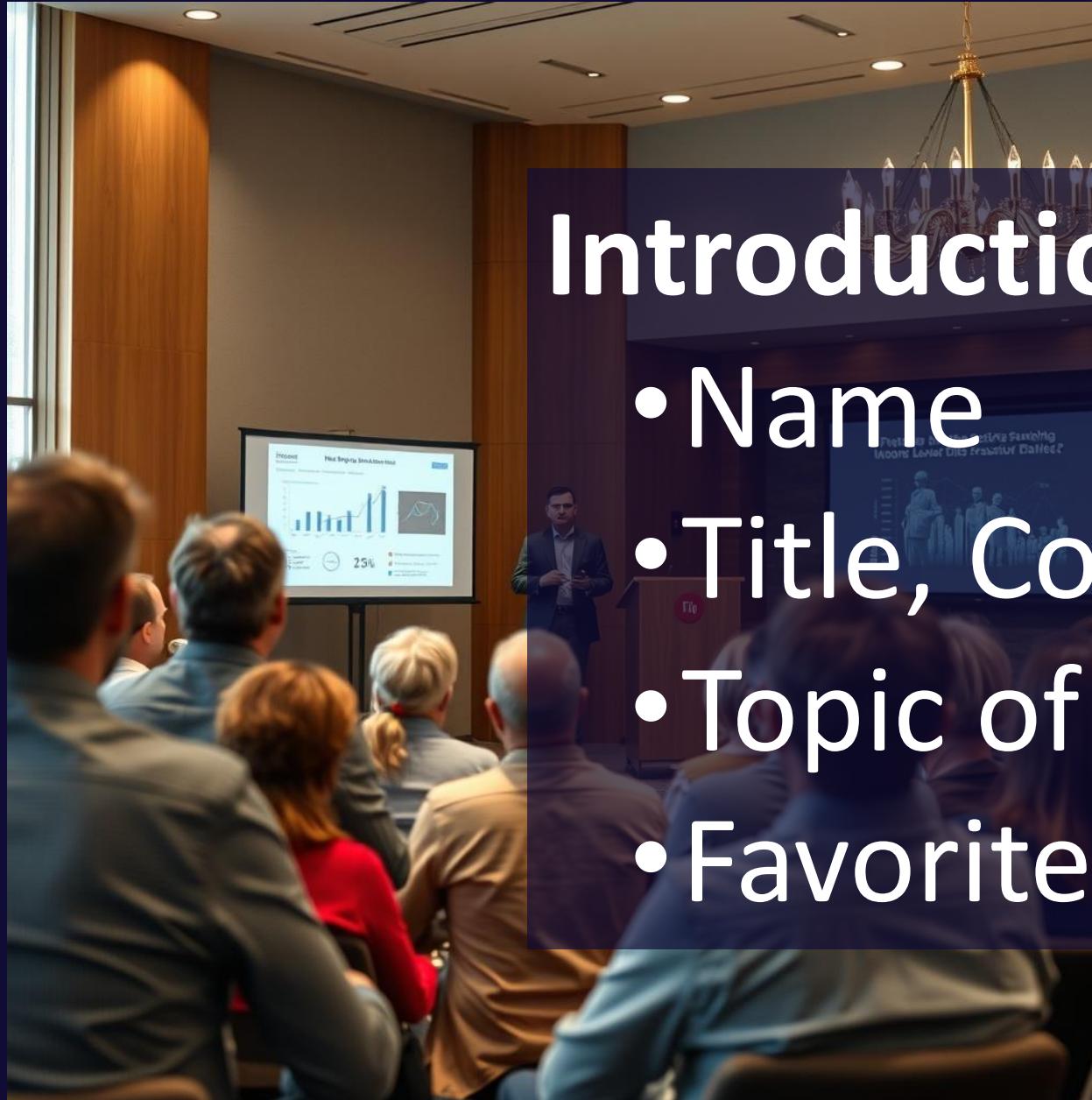
Cyber Security Awareness Lead, Siemens

Product Security Officer, Siemens Gamesa

Host / Producer – Simply Secured Podcast



Workshop Agenda – August 4, 2025



Introductions / Icebreaker

- Name
- Title, Company
- Topic of last / next presentation
- Favorite Comic Book Hero

Improving Your Stage Presence & Confidence

It's okay to be nervous when you present publicly...



**“Of course you’re allowed to have stage fright.
As soon as your talk is over.”**



...you're not the
only one.

Celebrities with Stage Fright



Adele



Barbara Streisand



Stephen Fry



Laurence Olivier

A photograph of a woman singing on stage. She is in the center foreground, wearing a blue cardigan over a white blouse and a blue skirt, with her hands clasped near her chest. Behind her is a large choir of young people in various colorful 1940s-style costumes. The background is a warm yellow light.

Katie McQuiggan

Public Speaking: The Universal Fear

“According to most studies, people's number one fear is public speaking.

Number two is death.

Death is number two.

Does that sound right?



Public Speaking: The Universal Fear

“This means to the average person, if you go to a funeral, you're better off in the casket than doing the eulogy.”



What Are We Really Afraid Of?

- Looking or saying something stupid
- Locking Up
- Dry mouth
- Being asked a difficult question
- Forgetting information
- The audience boos you or loses interest
- Being boring
- Not presenting a logical argument
- Getting judgement from your boss, peers, subordinates

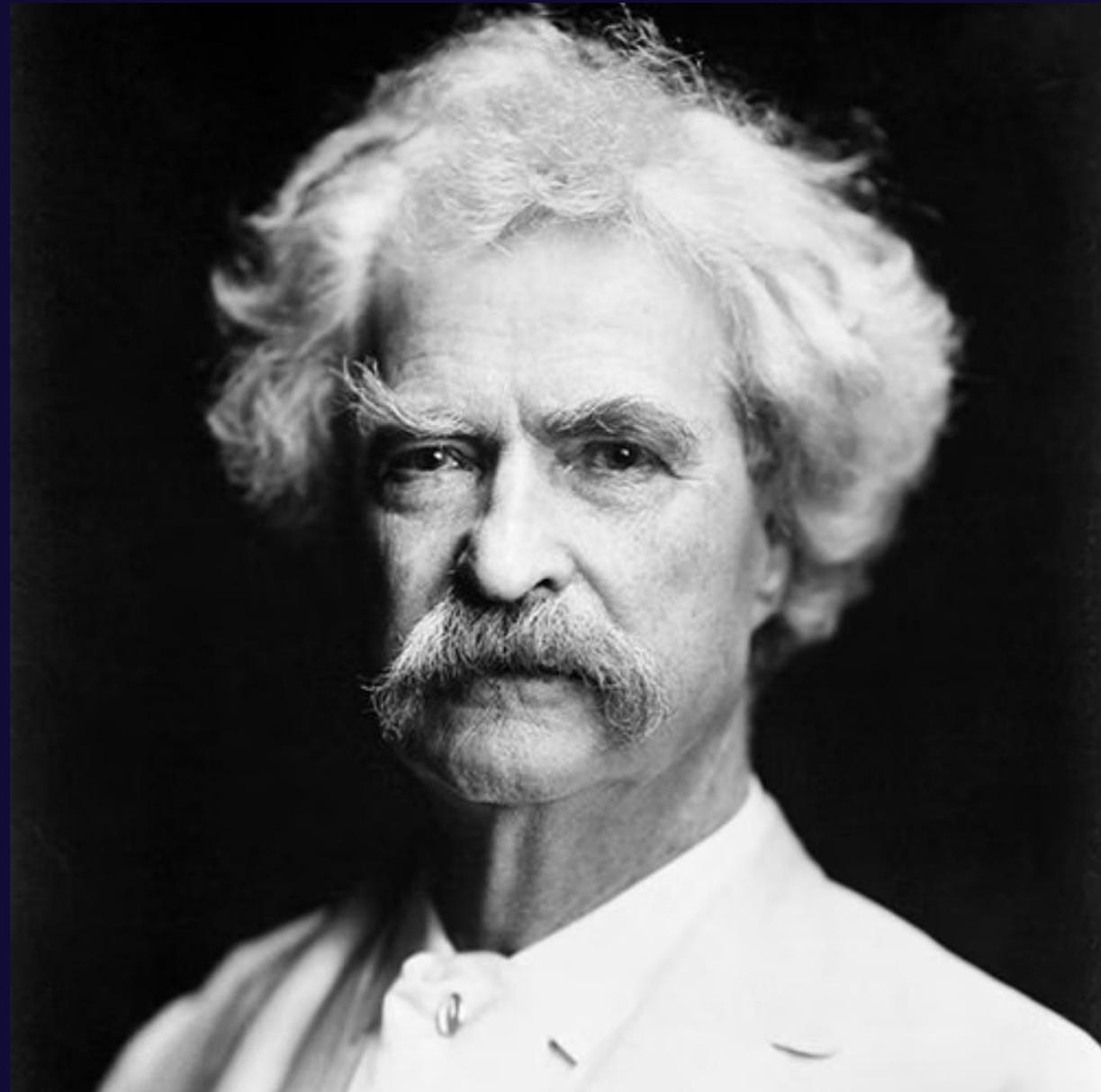




CONFIDENCE...

...a feeling of self-assurance arising from one's appreciation of one's own abilities or qualities.

A Universal Truth About Public Speaking



**"There are only two
types of speakers:
Those who get
nervous and liars."**

— Mark Twain

The Journey of Transformation



Let's go from this...

The Journey of Transformation



... to this.

Building Speaking Confidence

1. Practice, Practice, Practice
2. Know your material
3. Know the audience
4. Know the room
5. Visualize yourself giving the speech
6. Concentrate on the message, not the medium
7. Don't apologize – Sorry
8. Realize that people want you to succeed
9. Relax / Breathe
10. Gaining experience = GAINING CONFIDENCE



Mastering Body Language

- Eye Contact
- It's to Move, but with purpose
- Eliminate distracting mannerisms
- Be natural, spontaneous & conversational
- Let your body mirror your feelings
- Build self-confidence through preparation
- Practice, practice, practice



Developing Vocal Variety

- Pitch
- Duration
- Pause
- Volume (Loudness)
- Voice and Image
- Crutch words
- Practice, practice, practice



Effective Visual Aids

- PowerPoint, Flipcharts, or Props!
- Visible
- Simple
- Colorful
- Justified by content
- Practice, Practice, Practice



Effective PowerPoint Slides



Top 10 PowerPoint Tips

1. Contrast – light on dark
2. Don't read the slides
3. Make your text large
4. Choose easy to read colors
5. Bullet points not a sentence
6. Keep the flying to Superman
7. Avoid eye charts – 7 bullets max
8. Don't display your text all at once!
9. Use Visuals to Present Data
10. Don't click and speak – speak & click!



5 Ways to Confident Presenting

1. Positive Mindset
2. Strong Body language
3. Prepare, practice and rehearse
4. Break the ice quickly
5. Channel the nervous energy



Tips for Delivering Your Presentation

1. Find your Anchor
2. Opening Pause
3. Opening Statement
4. Summarize As You Go
5. Tell them 3 Things



Finally...

Your journey to becoming a confident speaker is ongoing. Each presentation is an opportunity to refine your skills and increase your impact.



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BREAK



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COLD DELIVERY

Cold Delivery – On Your Feet Thinking

- What is your talk here at BSides / Blackhat / DEFCON
- “The biggest myth in security is...”
- “The breach that taught me the most was...”
- “I knew I wanted to work in cybersecurity, because...”

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Lunch / Prep Your Talk

Mini-Talk / Presentation

- Each student will prep a 3-minute presentation
- Use the skills and tips provided in the opening lecture create a single slide they can use for their upcoming BSides presentations
- Open with a HOOK - a stat, story, or question before they introduce themselves

Mini-Talk / Presentation

- “A segment from your presentation”
- “Why phishing is still working in 2025”
- “Top 3 metrics that resonate with execs (and why)”
- “How to reduce the human risk within organizations”
- “My latest pentest and the outcome”
- “One mistake I made in cybersecurity and what I learned”

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Presentation Delivery

Mini-Talks / Peer Delivery

- Sandwich Technique
 - What worked / good
 - What needs improvement
 - What worked / good
- We can record the 3 minutes and feedback if needed

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BREAK

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Crafting Talks / Advanced Tips

Advanced Techniques

- Record yourself presenting
 - With no sound and Watch yourself for mannerisms
 - Close your eyes and Listen to your delivery

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- Record yourself presenting
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Submitting CFP Tips

- **Title:** short, compelling, go with the theme, catchy
- **Abstract:** clear problem, audience, takeaways.
- **Elevator pitch (if needed):** concise story.
- **Notes/bio/experience:** strong credentials.
- **Format and spelling:** polished.
- **Timing:** submit early.
- **Feedback:** ask peers, ask organizers.
- **Multiple submissions:** increase chances.

<https://www.youtube.com/watch?v=pZ4RN4JCrBM>



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SO... What's your Next Talk?



QUESTIONS

James 'Presentations'

<https://jamesmcquiggan.com>

The screenshot shows a YouTube channel interface for 'KB4 Presentations'. The channel has 30 videos and 10 views, last updated on Dec 14, 2020. The videos are sorted by date, with titles including '2020-12-11, CyberSecurity and You-MiConnect', '2020-11-21, LEAD - Cybersafety', '2020-11-07, BSidesOrl - Ransomware', 'OT Security Awareness - Archer & KnowBe4 Presentation', '2020-10-26, NSHE - Phishing', and '2020-10-20, Hack Your Mind'. The channel also lists 'The JerichShow', 'DSLR Video Shooter', 'Cybercrime Magaz...', 'KnowBe4', and 'The CyberHub Pod...' as subscriptions.

PROFESSIONAL DEVELOPMENT

Hacking Your Way into Cybersecurity: Why Networking Is Essential for Your Career

Published by jmcquiggan on October 21, 2024



Erich's Presentations

<https://www.madsquirreltech.com>

The screenshot shows a blog post titled 'Global AI Regulations: What Cyber Pros Actually Need to Know' on the 'MAD SQUIRREL TECH' website. The post is categorized under 'CYBERSECURITY'. It was published by SquirrelyOne on July 28, 2025, with no comments. The post features an illustration of a human head with a brain, a European Union flag, and a balance scale, symbolizing AI regulation.



Resources

- "Talk Like TED" by Carmine Gallo
- Toastmasters International - find a local chapter
- "Presentation Zen" by Garr Reynolds for slide design
- "Made to Stick" by Chip and Dan Heath for memorable messaging