

42028: Deep Learning and Convolutional Neural Network

Project Proposal

Project Title: PresentPerfect- Posture Detection for Public Speaking

Team Name: PresentPerfect

Team Members:

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Abstract:

Public speaking is a global challenge, with approximately 75% of all individuals experiencing some degree of anxiety in such situations. This nervousness can lead to diminished focus and performance during presentations, impacting personal and professional development and, in some cases, permanently traumatising the individual ([Public Speaking Statistics](#)).

Many, including us, have felt uncomfortable addressing an audience, whether in a classroom setting, sales pitch, or at a social event. This discomfort often manifests through physical symptoms like sweating, trembling, or a quivering voice, further destroying our confidence and often changing our character.

A significant factor contributing to this anxiety is the potential for body language missteps. Common mistakes include crossing arms or legs, fidgeting, avoiding eye contact, and poor posture. These non-verbal cues can inadvertently convey disinterest, discomfort, or lack of confidence, thereby affecting audience perception ([Body Language Mistakes](#)).

To mitigate public speaking anxiety and enhance delivery, focusing on positive body language is essential. Maintaining an open posture, purposeful gestures, and consistent eye contact can project confidence and engage the audience effectively. Additionally, thorough preparation and practice can significantly reduce nervousness, as lack of preparation accounts for a substantial portion of pre-presentation anxiety. Wouldn't it be great if a system could professionally guide you in refining your public speaking skills- helping you practice effectively, all at little to no cost? A structured approach that offers feedback on body language and gestures could make a significant difference in how we present ourselves to an audience.

Introducing PresentPerfect, a comprehensive solution designed to address these challenges by integrating body movement and gesture detection to help train you. Our solution empowers individuals to present with poise, ensuring their messages resonate and leave a lasting impact.

Potential dataset details:

- Facial Expression Dataset: [CK](#)

Additional support required:

- Guidance