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

1. Know your audience

2. Use structure to build on ideas

3. Use Visuals

4. Repetition is your friend

5. Have a story to tell

6. Be relatable

7. Build your confidence with the practice

<https://www.youtube.com/watch?v=arj7oStGLkU>

procastination

<https://www.youtube.com/watch?v=PriSFBu5CLs&t=682s>

multitask

<https://www.youtube.com/watch?v=ktlTxC4QG8g>

7 habits of highly effective people