Confidence in Presenting Objective

DXC App Pitch – 15/02/21

* 2-minute pitch on why me
* Felt well prepared
* Had slides to talk through which was a good thing
* Slides help my confidence – especially when
* Presented camera on – didn’t feel like this made much of a difference when presenting, more aware when not talking however

Weekly Update Run Through – 17/02/21

* More comfortable around this group as have regular updates with them
* Nothing at stake by butchering it
* Messed up on purpose and nothing came of it – perhaps a bit of a safe environment to do it.
* Said a lot of ums and ahs
* Need to be more detailed when talking – think before I speak. Learn to take a breath.

End of Year Review – 3/3/21

* 30 min presentation
* 30 min discussion
* Leg shaking
  + Calmed myself down by taking a breath
* Feedback:
  + Good presentation
  + Work on developing talking skills – asking questions

Grad Guild Presentation – 11/3/21

* Half an hour presentation
* Felt well prepared
* Wasn’t super nervous during it
* Felt like I knew the content well which is why I could talk about it easily because I knew I would be able to answer the questions
* Was nervous before
  + Calmed myself down by breathing and went in with a clear head
  + Allowed me to remain calm during it
  + Wasn’t on camera
  + Spent a lot of time playing with my hair to keep me calm
* Very positive feedback from it

Other Insights:

* Think presenting where I don’t feel prepared and I don’t believe I’ll be able to answer the questions is the part where I feel like I will fail
* In general move involved in meetings, trying to push out ideas
* Also trying to take a lead on a piece of work to really motivate people
* Most helpful is taking a breath before a meeting and just clearing my thoughts, if I get nervous in it to also just breathe
* Making notes on paper to have something to look at if I feel really lost for words