

Best Practices

- **SMILE:** Energy is contagious. When you are having fun, so will everyone around you.
- **BREATHE:** Before you begin, take a deep breath to get calm and grounded. Nervous energy will block you from connecting to your audience.
- **ENGAGE:** Keep your focus on the people in the room. While you may be tempted to stare at your notes or the screen, it's the *audience* you need to engage.
- **PREPARE:** Feel free to use notes during the presentation to keep yourself on track. Ideally, the more familiar you are with the material, the less you will need to refer to them.
- **VISUALIZE:** Before your presentation, spend time visualizing the event. See yourself covering the material effortlessly, making the audience smile, and feeling the joy of sharing your gift.
- **LET GO:** Not all people are compelled to get involved. Your efforts have an impact that you may or may not ever realize. Do not focus on measurable results. Trust that your message will have an effect.