

SO YOU WANT TO GIVE A PRESENTATION...

SMILE! [😊] BUT DON'T GIGGLE. **ABSOLUTELY NO GIGGLING!** STAY IN THE MOMENT. DON'T GET FLUSTERED. START WITH THE EASIEST EXPLANATION. FEEL FREE TO CALL OUT THE EXPERTS, BUT DON'T CALL OUT THE NON-EXPERTS. DON'T FRET SMALL HICCUPS. BE YOURSELF.

CONTENT FREEZE!
>24 HRS beforehand.
DO NOT VIOLATE

PRACTICE to...
Build your confidence naturally.

Going first? Going last?
Does it matter!

Take your time, just do well.

Take care of your audience. Ask - How can I make a contribution?

Lighten up and lighten up those around you.

NERVOUS?

Did you practice?
Then you'll do great!

Practice 10x more than you think you need.

Relax. It's part of the deal. It's more about learning how to deal with it then permanently overcoming it (There's no such thing). So, this is just another opportunity ^{dealing with} to practicing ~~overcoming it~~. **SKIP the filler words!** ^{e.g. "basically"}
BRING ENERGY AND PASSION. AND YOUR FULL PRESENCE.

BE HERE NOW.

BE SOMEPLACE ELSE LATER.

IS THAT SO COMPLICATED?

A good presenter is fully committed to the moment. You must get rid of the obtruding self-consciousness or ego-consciousness and apply yourself completely, but also "as if nothing particular were taking place at that moment." When you perform in a state of "no mind", you are free from the burdens of inhibitions and doubt and can fully contribute in the moment.
and fluidly

The aim should be to be in it completely at that moment in time. No matter how successful and confident you may become as an adult, your "calculating self" (concerned with measurement and worried about scarcity) is weak and sees itself at risk of losing everything. When you learn to lighten up, you see yourself as permeable, not vulnerable, and you stay open to the unknown and to new influences, experiences, ideas.