

# Presentation Feedback

Partner: Jerryl

Presentation topic: weight loss

- My progress from January to now
- The falloff and comeback/a rollercoaster of a journey (from 120kg to 75kg to 100kg to now 81kg)
- It is not super difficult, only difficulty is consistency
- Most important part: Diet
- Diet: You don't have to starve yourself, you don't have to leave what you like out of it (count calories and low calorie alternatives)
- Your own cooking > thuisbezorgd (excluding kebab ofc)

Time: 1:58 min

(I kept up with the time restraint well and knowing what I should keep and leave in my presentation)

Feedback:

- My voice is soothing apparently, my volume is also good for presentations.
- My storytelling needs bit more work
- I stumble on my words a lot, i should stop saying "uh" between my sentences. I'll have to hear myself back in a recording.
- Eye contact and body language needs work on being more comfortable