

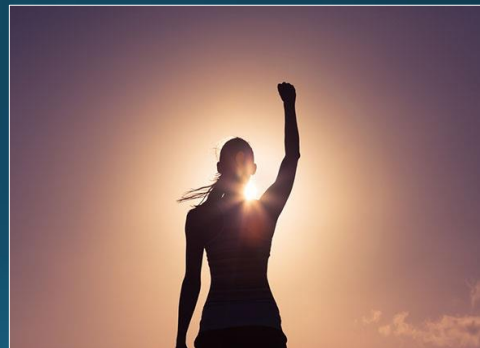
# From Behind the Desk to the Front of the Class

## Developing Confidence in the Classroom



Building confidence...

- ✓ Before
- ✓ During
- ✓ And after  
your presentation





# 1. Before Your Presentation

Planning | Practice | Pep Talk!

## a) Planning:



# Overcoming Situational Anxiety

Where is the class?

How early should I arrive?

Who will be there?

What equipment do I need?

What do they already know?

How does the equipment work?

What do they need to learn?

How will I handle problems?

## Mapping Your Class

- Site walkthroughs
- Example searches
- PowerPoints
- ~~Free~~
- Notes
- Handouts



## b) Practice



## Power Poses: Next Session!



## c) Pep Talk!

(Fighting Performance Anxiety)

- ✓ You are the subject expert.
- ✓ You will learn from your mistakes.
- ✓ You do *not* have to be the world's best public speaker.
- ✓ Your audience wants you to succeed.

# Review: Before Your Presentation

- ✓ Planning
- ✓ Practice
- ✓ Pep talk

## 2. During Your Presentation

- ✓ Maintaining your calm and focus
- ✓ Matching your presentation to the situation
- ✓ Monitoring your audience's reaction

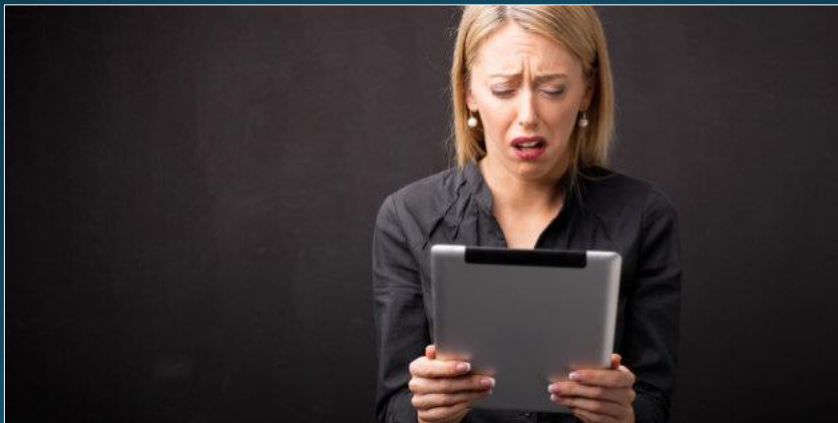


## a) Maintaining your calm and focus

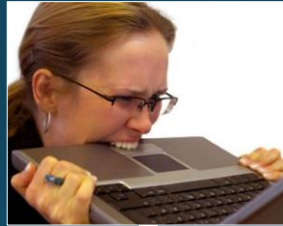


- Dress to impress.
- Meet and greet.
- Be authentic.
- Channel nerves into enthusiasm.
- Pause to breathe.
- Drink water.

## b) Matching your presentation to the situation



## c) Monitoring audience reaction



## Review: During Your Presentation

- ✓ Maintaining your calm and focus
- ✓ Matching your presentation to the situation
- ✓ Monitoring your audience's reaction



## After Your Presentation

## After the Presentation

- ✓ Reward yourself for what you did well.
- ✓ Review what you could have done better.
- ✓ Repeat your pep talk.





Thank you for your time!