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:

Before anything else, preparation is the key to success.
Alexander Graham Bell
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
• Prezi
• 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

- Maintaining your calm and focus
- Matching your presentation to the situation
- Monitoring your audience’s 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!