

The Step
Before

KILLIN' IT!

Rehearsing Your Talk Until You Are Ready

PREP

Confidence - being prepared for the moment

Clarity - deliver so that audience can receive and apply

Class - keeping poise, even if things don't go as planned

PRACTICE (X3)

- 1st: Just do it; 2nd: Listen to yourself; 3rd: Edits & Transitions;
- Your notes should be unnoticed;
- Time yourself each time - keep clock running even if making notes;
- Practice allows you to achieve appropriate emotional balance;
- Wear your outfit and shoes/your body needs practice, too!

NOTES

RECORD YOURSELF(ON 3RD TIME)

- Use your phone or laptop;
- Capture full body and facial expressions;
- Upload to Dropbox or Cloud to create a link to share.

EVALUATE

- Set up private FB group to invite "trusted voices" to watch and send email feedback that is combination of compliments and candor;
- "SMILE": Stand Tall, Make Eye Contact, Ignite Your Face, Lean In, Express Yourself.

PRACTICE UNDER PRESSURE (X2)

- Set a countdown clock with your target time;
- SIGNATURE MESSAGE: Present in advance before real presentation.

Goals: refer, not read, "do it in the dark", finish on time