

# tips for presenters

## YOU'LL BE GREAT

The good news is that – no matter how nervous you might feel before you stand in front of the cameras – you **are** going to do a great job!

How do we know that?

First, your school wouldn't have asked you to help with this project if they weren't certain you have the personal warmth and communication skills to make an engaging, genuine presentation. Second, we have an experienced film crew that will help you relax and enjoy your time on camera. And third, we've got a handful of valuable tips to help you get ready:

## THE WEEK BEFORE...

### PREPARE

The sooner you begin, the better you'll do. Even though we'll display each script on a teleprompter for you, remember the 6 Ps: Proper Preparation and Practice Prevents Poor Performance!

### PRACTICE

The best way to ensure you'll make a presentation to be proud of is to practice. Read your script aloud. Get comfortable with every line. You can even video-record your rehearsals using your phone. Athletes know that the more you practice, the calmer your nerves are and the better you play.

### MEMORIZE Your Opening Line

There's often a rush of adrenaline when you first begin a presentation; by having that first line committed to memory, you're able to start strong and confident.

### VISUALIZE Doing a Great Job

Speaking of athletes, sports psychologists have documented that an athlete's ability to vividly visualize his or her success creates a greater likelihood of victory. Walk yourself mentally through your presentation. Picture yourself speaking with genuine warmth, confidence and poise. And imagine your audience responding positively.

### Practice POSITIVE Self-Talk

Henry Ford once said, "Whether you think you can or think you can't — you are right." Tell yourself, "I am a dynamic speaker. I am enthusiastic and engaging. I am confident and prepared."

## THE DAY OF...

### **What NOT to Wear**

Avoid extremely loud colors, including red (which will draw attention away from your facial expressions, other presenters, and the background.) Also avoid complex patterns, as the cameras will try to “blend” tightly knit materials, causing a blurred (moiré) effect.

### **What to Wear**

Check with the person at your school who is organizing the videos to see how they’d like you to dress. Many schools ask student presenters to wear school colors or school-logoed apparel.

### **Make-Up**

A full makeup artist is not required for these videos, but our video crew will have translucent de-shine on hand if needed. Women are asked to simply do their makeup as they normally would, or bring their makeup with them.

## JUST BEFORE...

### **Breathe Deeply**

Before you go on camera, find a private area to do a few deep knee-bends or light stretching. Or, take a brisk walk down the hall and back. And because deep breathing floods the brain with oxygen, be sure to take several deep breaths: inhale through the nose on a slow count to three, then exhale through the mouth on a slow count to three.

## ON CAMERA...

### **Smile!**

Sincere smiling emits chemicals in the brain that calm your nerves and promote a sense of well-being. And, it shows your audience that you’re happy to see them and enthusiastic about what you have to say.

### **And Remember...**

Almost everyone who reviews their videotaped presentations says, “Wow, I don’t look nearly as nervous as I felt!”

We’re looking forward to working with you, and again, you’re going to do a GREAT job!