

Presentation Skills

Tips for Alleviating Anxiety

Try these helpful strategies the next time you feel anxious about giving a presentation.

Before your Presentation

Pick a topic you are confident in and that excites you

Incorporate tools and activities that divert attention from you

Practice until you are comfortable with the material, but don't try to memorize it

Write down a couple of positive thoughts that you can bring with you

Plan to exercise and get quality sleep the day/night before

During your presentation

Get there early and strike up a casual conversation as people arrive

Use deep breathing and speak slowly

Start with a question for the audience or tell a brief entertaining story

Practice positive self-talk

Move around the room and make eye contact with friendly faces

