Presenting with Confidence

Host: Linda Williams (SASS)

The purpose of this workshop is to help you learn ways to appear confident while giving a presentation. This workshop will help you identify your own sources of discomfort in public speaking, and discuss practical strategies to manage those situations or feelings. There will be an opportunity for participants to “test out” different strategies while speaking in front of others, which is fundamental to becoming more confident.

Learning Outcomes:

- Improve your self-awareness regarding your strengths in weaknesses in public speaking
- Learn tools and strategies to effectively communicate ideas and professional skills learned in graduate school.

Five Key Take-aways:

1. Public speaking is a skill
2. Public speaking improves with practice
3. Strategies exist to improve both your performance and inner experience.
4. How you feel can be different from how you appear to others
5. Thinking about your connection to your audience is a highly effective strategy to reduce discomfort, fear or anxiety.

Other Resources:

https://sass.queensu.ca/onlineresource/topics/presentation-skills/: this material contains very useful information on organizing a talk, use of ppt, managing the Question & answer session and more specific material on overcoming presentation anxiety.

https://www.meetup.com/Toastmasters-at-Queens/: this group meets on campus, is one of many Toastmaster groups in Kingston that provide a structured program of learning and practice in public speaking

Putting it to work:

Practice. Practice. PRACTICE... Public speaking is a skill that gets better with repetition and feedback. The best way to overcome fear of giving presentations is learn a few techniques, then allow yourself to take a risk – and just do it! As you feel more confident, you can increase the stakes or pressure, and take a bigger risk.