

# Become a Better Presenter

## YOUR DIY GUIDE



Month  
**2**



### Verbal Fillers

Watch your video. Use the chart below to list the verbal fillers you used, and make tally marks for each time you used it. Examples: “um”, “uh”, “you know”, “kind of”, and “sort of”.

Watch your video again. Use the chart below to list terms that you used excessively, and make a tally mark for each time you used it. Examples: “actually”, “so”, “basically”



### Look (and BE) Engaged

Watch your video one more time. Last time, promise ;)

- ⇒ Do you smile?
- ⇒ Do you look confident? Or are you dancing, wringing your hands, sweating, are your eyes darting around, or is your voice shaking?
- ⇒ Do you see yourself as a valuable resource to your audience?
- ⇒ Do you believe in you?

Identify two things to work on that will help you become more engaged. Add them to the chart below.

## This Month’s Action Plan {Practice in your work and personal communication}

Verbal Fillers	Excessive Terms	Be Engaging #1	Be Engaging #2

Questions? Reach out to Gary on Facebook, Twitter or email [coaching@couragio.com](mailto:coaching@couragio.com)