

Become a Better Presenter

YOUR DIY GUIDE



Month
3

Step 1: Find your last recorded presentation. While watching your video, ask yourself the following questions:

- Did the **tone of your voice** change with the material you were presenting?
- Did your **facial expressions** change as pitch and rhythm of your voice changed?
- Did you **add emphasis** to the most important elements so that those important aspects stood out to the listener?



Step 2: Break out a children's book

Now, let's try something different. I want you to read a children's book. Still with me? Yes, a children's book. You may have one close by or you can find one online. For those of us that are not raising little humans, I like to use Dr. Seuss books for this exercise, which you can download for free from <https://readonlinefree4.net/read-free-dr-seuss>.

Read your children's book as if you are reading it to a child. Let your voice and facial expressions bring the words to life and capture the attention of your audience. This is known as "storytelling" and it's critical that messages to your audience have similar attributes...if you want the audience to stay engaged.

This Month's Action Plan Practice your storytelling skills in your work & personal communication. Then 2 times this month, video yourself giving a short presentation, then watch it to rate yourself on the following:

| | Tone of Voice | Facial Expressions | Add Emphasis |
|-------------------|---------------|--------------------|--------------|
| Video Practice #1 | ★ ★ ★ ★ ★ | ★ ★ ★ ★ ★ | ★ ★ ★ ★ ★ |
| Video Practice #2 | ★ ★ ★ ★ ★ | ★ ★ ★ ★ ★ | ★ ★ ★ ★ ★ |

Questions? Reach out to Gary on Facebook, Twitter or email coaching@couragio.com