

#### Face the Crowd with Confidence



#### Know what your fear is.

01

Presentations are tools that can be used as lectures, speeches, reports, and more. It is mostly presented before an audience.

02

Presentations are tools that can be used as lectures, speeches, reports, and more. It is mostly presented before an audience.

03

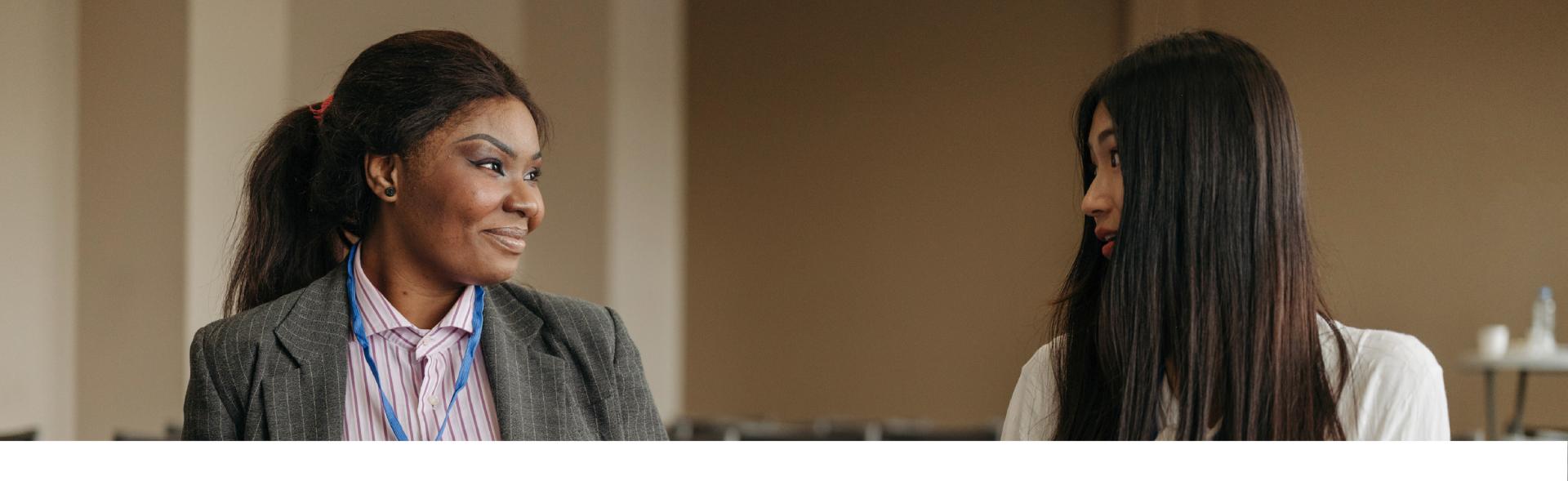
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### Know what topic to talk about



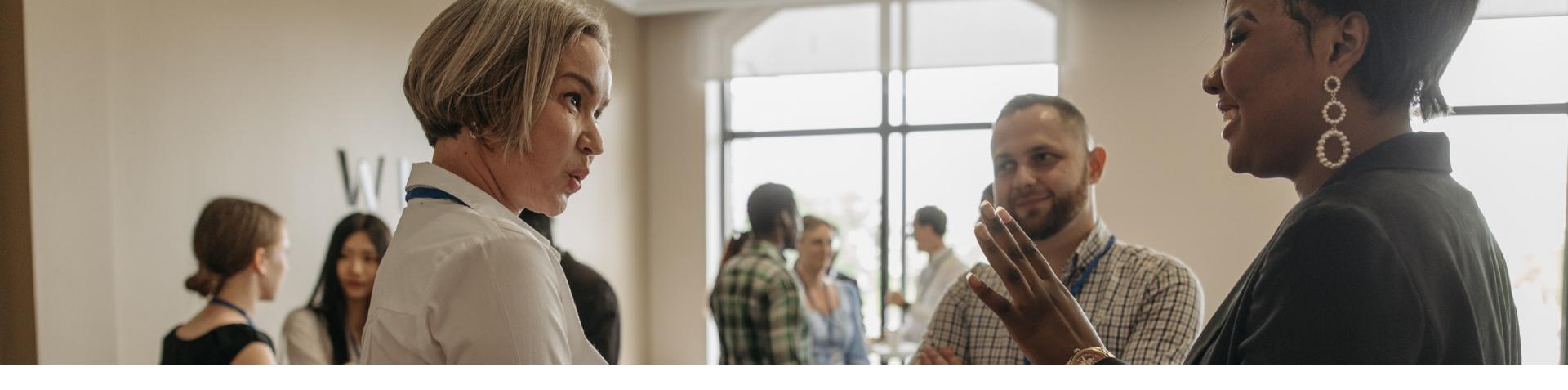
# Research and plan your material



#### Rehearse in front of a mirror. Ask a friend or family member to critique your speech.



### During Your Speech



### Get the right pacing

### Calm down by breathing deeply

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## Focus on giving your best speech

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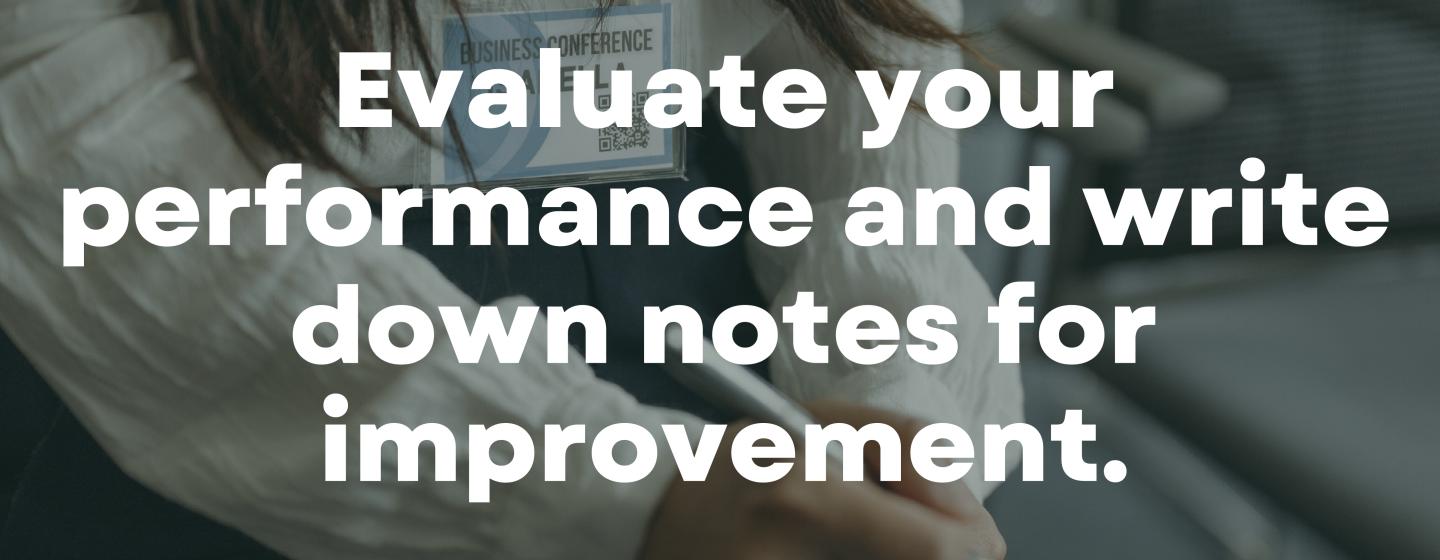
#### After Your Speech





## Relish the moment and celebrate

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## Seek professional training if you think you need it.

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## Knowing yourself is the beginning of all wisdom.

Aristotle

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