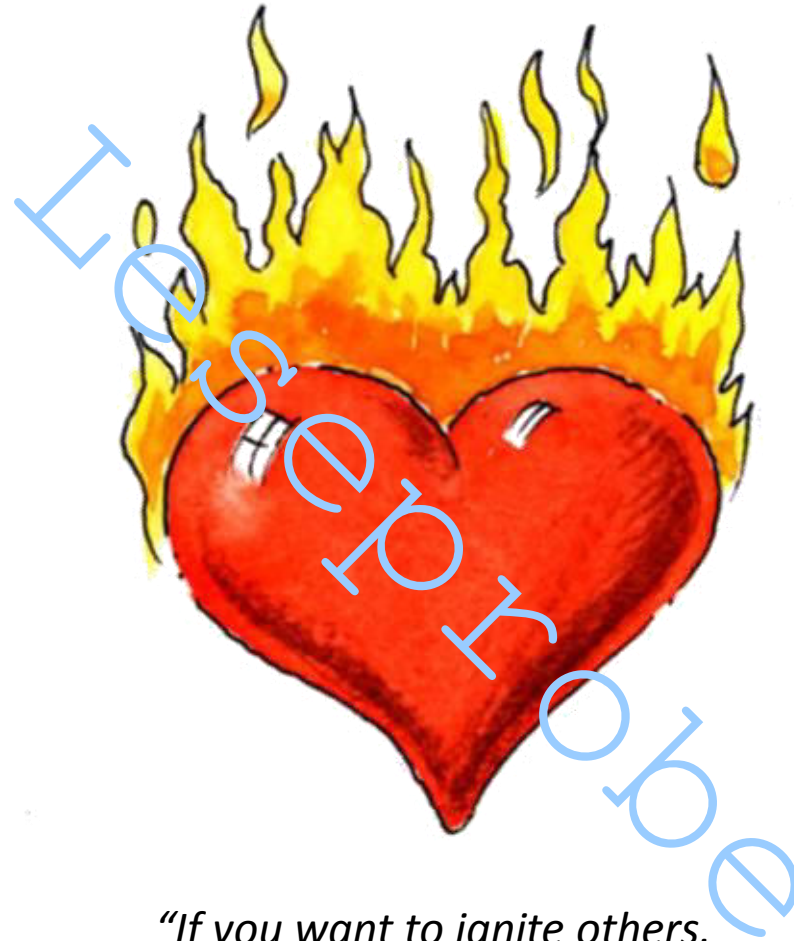


Speaking and presenting

- Personal preparation
- Convincing skillfully
- Visual language
- Presentation media
- Day clearing

LESEPROBE





*"If you want to ignite others,
you have to use the fire within yourself."*

Augustinus



Stage fright



Stage fright makes sure you are awake and able to focus.



Physical preparation



Give yourself some rest!
Reduce physical tension.



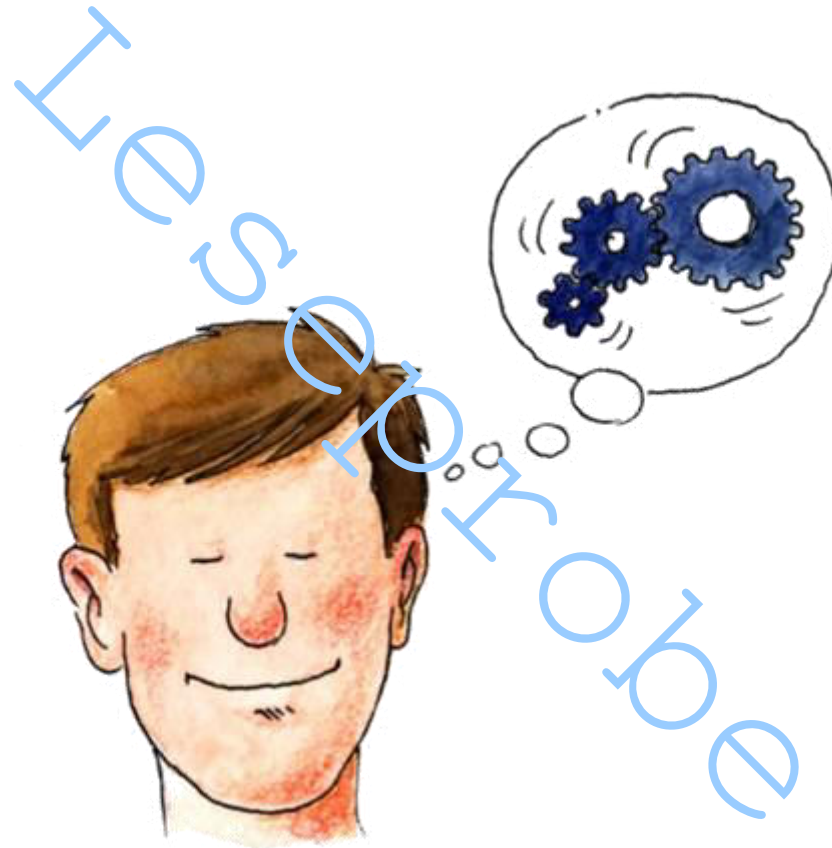
Avoid!



**Take care of your vocal chords
and avoid stimulants!**



Mental preparation



Distraction is the key to success.



Self-evaluation

- Maintain a positive basic attitude
- Rehearse your presentation
- Take notes
- Feel comfortable



Take-off



Confident self-conduct – take-off!



Inconveniences



**Be prepared
for the reactions of your body.**

