

# Thinking on Your Feet: Presenting Under Pressure

## Overview

Learn to speak with confidence under pressure – in difficult Q&A sessions, when you’ve been handed someone else’s slide pack at the last minute, or when you are asked for an impromptu project update. Through on-camera exercises and in-the-moment coaching, you’ll learn strategies for organizing your thoughts, managing nervousness, and speaking with confidence when you have little time to prepare.

*This workshop is for anyone who wants to be more confident when presenting under pressure.*

## Options

- 1 day, 7 participants
- 2-facilitator option for larger groups
- Can be customized as a follow-up to the Dynamic Presentations workshop

## Benefits for You

- Increase your comfort and confidence in speaking when you have little time to prepare
- Come across as knowledgeable and prepared with any audience
- Have more focus and clarity when you are put on the spot to speak

## Workshop Content

This workshop includes lecture, discussion, and extensive practice on-camera with individual coaching and immediate viewing for accelerated learning.

### Topics covered:

- How to look and sound confident – even when you don’t feel it
- Organizing your thoughts and creating structure to get your ideas across
- Managing nervousness and anxiety
- Recovering from going blank
- Moving from “self focus” to “audience focus”
- The power of being concise
- Handling Q&A with composure