



To combat nerves and stress before and during any formal presentation try the following:

- **Practice deep breathing**
Breathing deeply will lower your heart rate and help to calm you
- **Drink water**
Hydration will help you to think clearly and prevent dry mouth
- **Smile**
Your smile will be heard in your voice
- **Use visualisation techniques**
Just prior to presenting, visualise your perfect performance, keep those feelings
- **Press and massage your forehead**
This will relax tense facial muscles
- **Just before you start talking, pause, make eye contact, and smile**
This will help relax your audience, give you time to adjust and show that you are confident
- **Speak more slowly than you would in a conversation**
This helps with voice projection and ensures the audience hears you
- **Move around during your presentation**
Moving will help control nervous energy and help focus your audience
- **Stop thinking about yourself**
Remember, you are there to give your audience information