

Three steps to being a better presenter

By Rebecca Wells

Beliefs and behaviours are intrinsically linked. If, for example, you constantly tell yourself "I'm a terrible public speaker" ... then I guarantee that you will **never** become a good public speaker (let alone a brilliant one)!

Want to know why? The beliefs you hold about your perceived lack of ability will create particular behaviours that produce predictable outcomes.

So if you believe you are a weak presenter or speaker, the resultant behaviour will probably include stammering, feeling sick, saying 'no' to fantastic speaking opportunities and beating yourself up at your 'failure'.

Unfortunately this negative thinking pattern does not serve you. In fact, this only helps you to achieve losses such as sleepless nights; being overlooked for promotion; low self-confidence and self-esteem; being reactive; and feeling helpless, out of control and vulnerable. Any of that sound familiar?

If you tell yourself that you can't do something for long enough it is absolutely inevitable that you will start to believe your own hype. And it might not take that long either.

Your belief and the resultant unhelpful behaviours become deeply rooted... and the outcomes you get are always, always, *a/ways* the same.

Have you ever heard the expression, "It's a sign of madness to do the same thing over and over again but expect a different result"?

You'll be glad to know however, that there *is* a light at the end of the tunnel.

Just because beliefs are deeply rooted doesn't necessarily mean that they can't be changed.

All it takes is a heightened awareness of the beliefs you run, a willingness to make the necessary changes and being committed to getting there.

So the next time you are posed with a presenting task and you want to deliver a successful, engaging and confident speech you need to interrupt your current pattern and do something different.

- Stop waiting for divine intervention to make you a better speaker...
- Stop assuming that poor preparation will result in a great speech...
- Stop telling yourself that you aren't good enough...

And follow our 3 top tips to help you become a better presenter and public speaker:

1. Beat your inner voice down

Do something about the little voice that pops into your head and tells you that you 'will make mistakes, forget your speech or sound ridiculous in front of your audience'. Move the 'voice' out of your head, down your arm and to your wrist, then right to the tip of your little finger. Change the 'voice' to something comical, like a cartoon character. Realise that you have control. This is an imaginary 'voice'. It has no power over you or your outcomes.

2. Instill more helpful beliefs in your ability

Write down a sentence that describes how you would like to be when presenting or speaking. Use words like 'confident'; 'competent'; 'engaging'; 'funny'; and 'informative'. Write this sentence onto a piece of paper in bold letters. Place the paper somewhere obvious, like on your bathroom mirror or on your desk at work. Every time you see it, which should be at least 10 times a day, repeat the sentence out loud at least forty times. Within a few days you will start to believe this new belief and feel more empowered. Believe me, this works wonders.

3. Practice, practice and practice some more.

You can't practice your speech or presentation enough. Infact the more you practice, the more you will grow in confidence and find ways to deliver your speech more effectively. You may want to make edits or mark sentences you want to emphasise. Once you feel more confident, practice in front of a friend whose opinion you value and ask them for some constructive feedback.

If you want to be a better presenter or public speaker and want some additional support to help you challenge your beliefs in your ability and make some changes to your current preparation and delivery strategies, get in touch with us.

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