

## COMBATING NERVOUSNESS

### Tips for combating nervousness when presenting PD:

1. Identify good locations to present from within the room.
2. Rest well.
3. Use relaxation techniques or exercises: head rolls, shoulder rolls, or tighten and release muscles.
4. Breathe deeply.
5. Arrive early.
6. Mingle with participants upon their arrival, learning something about each.
7. Avoid “new” things, like suits, haircuts, or shoes.
8. Wear something comfortable.
9. Use a crutch, such as visuals, a presentation clicker, etc.
10. Use up excess energy by speaking to the farthest person.
11. Send positive messages to yourself.
12. Accept a reasonable level of nervousness.
13. Remember that participants want you to succeed.
14. Think of your session as an extended conversation.
15. Try appropriate humor early.
16. Visualize yourself being successful.
17. Get participants involved early in the session.
18. Keep the big picture of the PD in mind.
19. Recognize the impact you might have on students.
20. Know the PD well enough to be flexible.
21. Practice so you’ll be confident.

*Adapted from:*

Association for Talent Development. (2016). *ATD Training Skills: Participant Guide*. Module 2: Understanding how adults learn best, p. 31–33.