

Tips for Delivering a Strong Presentation

One of the most powerful ways to share your story is by speaking about your personal experiences and the lessons you've learned along the way. While it's natural to feel nervous—especially if it's your first time—preparation and practice are key to feeling confident.

Overcoming Nerves

Feeling nervous about public speaking is completely normal. A racing heart and shaky hands often mean that you care and want the presentation to go well. The best way to manage these feelings is to prepare thoroughly and practice delivering your message. The more you practice, the more confident you'll feel. Consider doing a dry run in front of family, friends, or even a mirror. You've got this!

Speak from the Heart

When you speak from the heart, your message is both authentic and compelling. Your audience is there to listen to your truth and your story. Think about why your audience is attending and what they might hope to gain from your talk. Use that insight to tailor your words and highlight the parts of your message that are most likely to resonate. When your message strikes a chord, it will be unforgettable.

Be Receptive to Audience Cues

While presenting, it's helpful to stay tuned to the audience's reactions. Pay attention to facial expressions, body language, and overall engagement. Nods of agreement or smiles can be encouraging signs! If some members of the audience seem disconnected, don't worry—adjust your tone, emphasize a point that has resonated with others, or move to the next topic. Remember, Lung Health Foundation staff will always be present to offer reassurance and support.

Use Emotion to Connect

When sharing your lived experience, it's natural to feel a range of emotions. We encourage you to express how you feel in an environment where it's safe and supportive to do so. Think about how the language you use can communicate the emotional aspect of your story. Connecting emotionally with your audience can make your message even more powerful and imagining how they might respond can help you craft your message effectively.

Leave a Lasting Impression

Think about memorable speeches—what they all have in common is a message that lingers long after the presentation is over. While people may forget small details, the overall message you deliver can have a lasting impact. As you plan your presentation, ask yourself, what do I want my audience to remember? Finishing with a clear and powerful takeaway will ensure your message sticks with them.

By speaking from the heart, tuning into your audience, and sharing your emotions authentically, you'll deliver a presentation that resonates long after it's over. Let your story be heard!

