

How to Overcome Your Fears and Become a Dynamic, Engaging Presenter

Anita Mills, MA, CRA – Cayuse

Sikirat Tijani, MRA, CRA –

Ann & Robert H. Lurie Children's Hospital of Chicago

Introduction

EMBRACING
YOU

WHAT IS FEAR?

RECOGNIZE
YOUR FEAR
RESPONSE

STORYTELLING
BASICS

CONTENT,
DESIGN, AND
DELIVERY

Human Experience

REJECT
NEGATIVITY

ACCEPT
YOURSELF

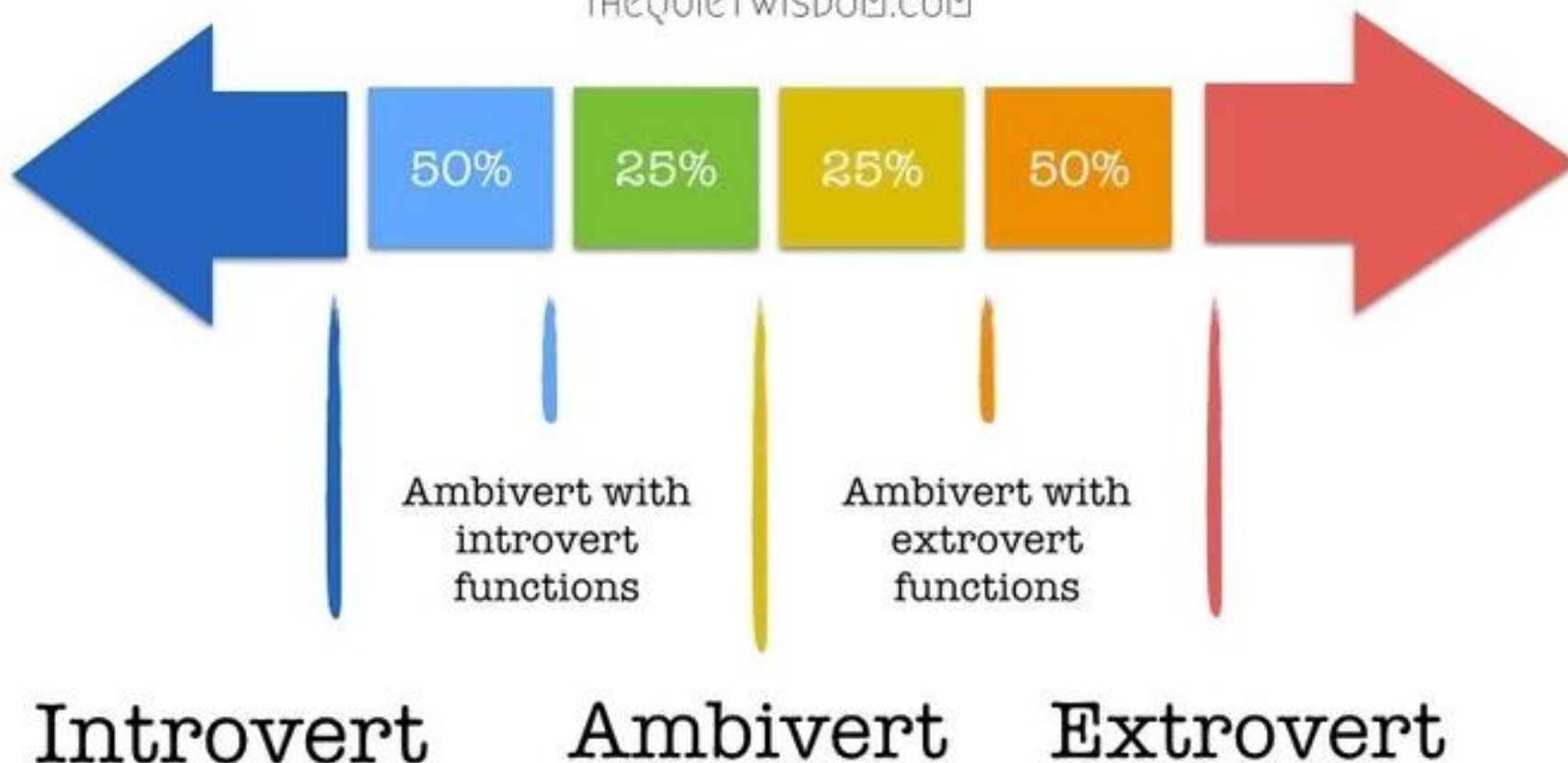
EMBRACE
VULNERABILITY

It Starts With You!





Understand Yourself

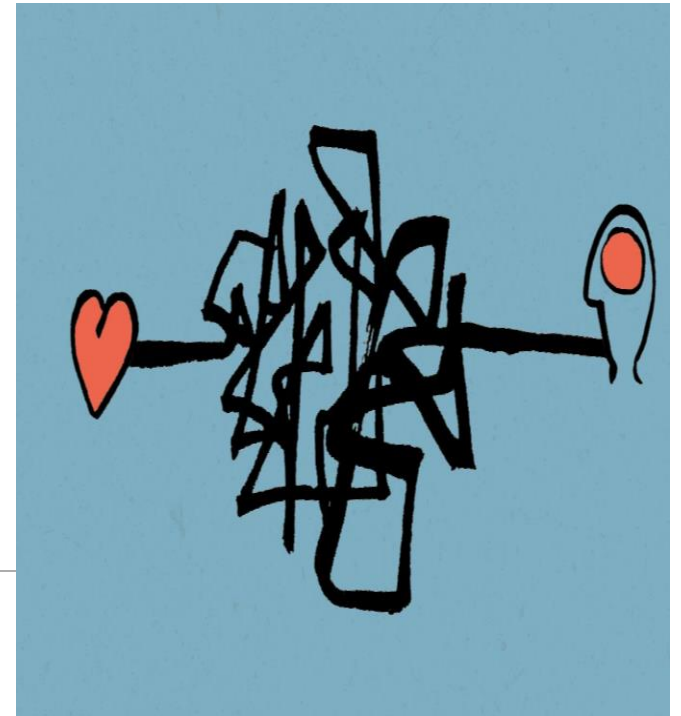


Understand Yourself

What Interest You?

**Where do you want to
contribute and help?**

Listen to your heart!!!!





Familiar

Passionate

Relatable

Common Fears



Fear of Failure

Judgement
Embarrassment
Losing job



Fear of Success

Not being Enough
ALL your weaknesses
will be uncovered
CHANGE



Fear of Emotional Pain

Rejection
Humiliation

“F-E-A-R has two meanings:

**‘Forget Everything And Run’ or
‘Face Everything And Rise.’**

The choice is yours



Physical Effects of FEAR

Jitters are NORMAL!



Co-Present with supportive people

Have an exit plan

**You are
responsible for
the energy you
bring into this
room**

-- Brené Brown

Overcoming the Fear Response



RECOGNIZE IT



VERBALIZE IT

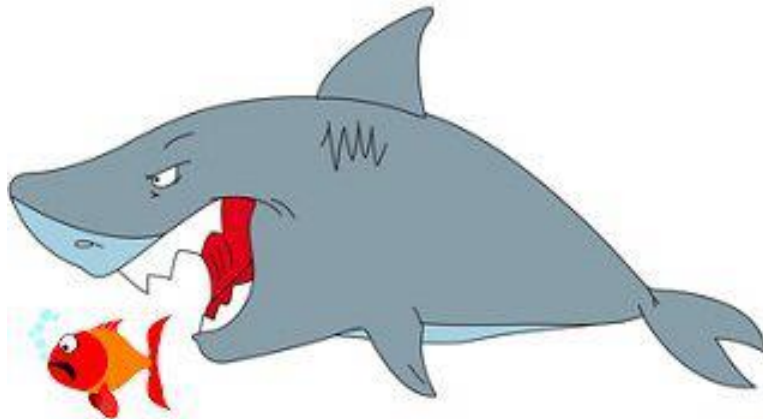


OVERCOME IT

PANIC



FEAR



**Stress Response from
Immediate Danger!**

ANXIETY



**Stress Response just
from your Thoughts!**

www.gostrengths.com

Your Choice



FEAR IS A LIAR.

Reacting to Past Situations



TRIGGERS



TRAUMA



TESTING – PINCH YOURSELF
– IS THIS REAL OR IMAGINED



The FIGHT

LOVE > FEAR

Is it harder to present to co-workers?

YES

NO





10

SLIDES



20

MINUTES



30

PT FONT

FROM THE BESTSELLING AUTHOR OF
TALK LIKE TED

THE
STORYTELLER'S
FROM **TED** SPEAKERS TO BUSINESS LEGENDS,
SECRET

WHY SOME IDEAS CATCH ON AND OTHERS DON'T

C A R M I N E G A L L O

POWER

of





BEGIN

MIDDLE

END

Theme of Tension and Triumph



CURRENT STATE



CONTRAST SOLUTION
WITH PROBLEM



TRANSFORMATION

Theme of Tension and Triumph

METAPHOR

Metaphor twist the meaning of words helps people feel things more deeply

*"Conscience is a man's compass." –
Vincent Van Gogh*

Analogy

Logical argument that compares and contrasts

Life is like a box of chocolates – you never know what you're gonna get.



The Human Mind



Memory

Human Memory



MEMORY AND 7
DIGIT



CHUNKING AND 3 – 4



PHONE NUMBER
555-867-5309

KISS

keep it simple ...




Making Thing Memorable



5558675309

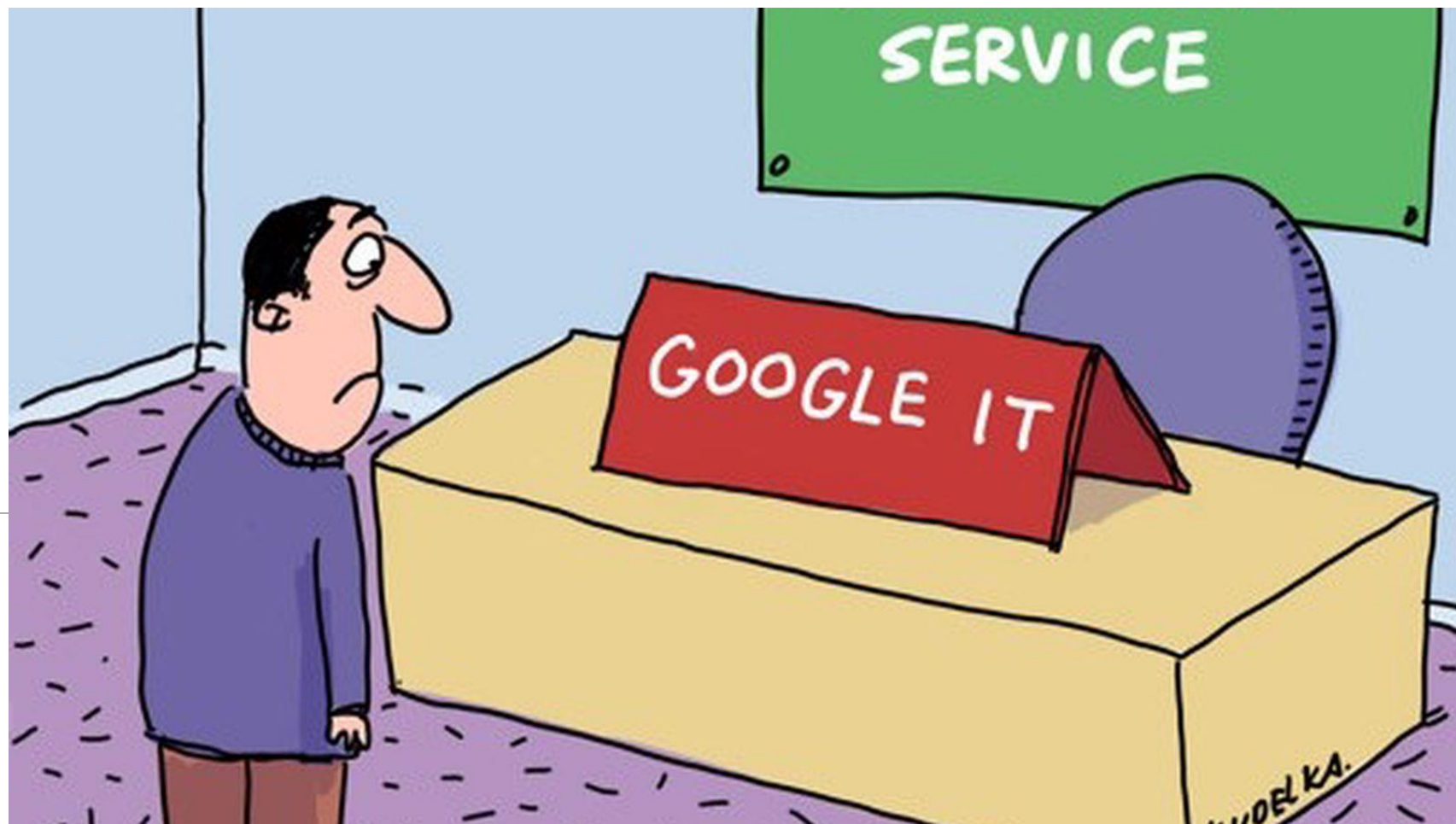
(555) 867-5309

A solid green horizontal bar at the bottom of the slide.

I GOT IT!!!







good things
take time...



Open with impact



Stay focused



Arouse curiosity



Be charismatic



Empathize



Engage the audience



Show the solution



Make it memorable



Emphasize benefits



Close with impact

IMPACTFUL PRESENTER

TIPS AND TRICKS



BE COMFORTABLE
ON THE TOPIC



TRUST YOUR CO-
PRESENTER(S)



KNOW YOUR
AUDIENCE



ANTICIPATE
QUESTIONS



SLIDE ARE JUST A
GUIDE



FOLLOW THE
10/20/30 RULE



HAVE FUN!

Thank You!



Anita Mills

Senior Solution Consultant

Cayuse

anita.mills@cayuse.com

Sikirat Tijani, MRA, CRA

Associate Director, Grants and Contracts

Office of Sponsored Programs

Ann & Robert H. Lurie Children's Hospital of Chicago

STijani@luriechildrens.org