

# Jesai's 8 Tips to Stress Free Presentations

1. **Love meeting people:** Talk about what you believe in and are passionate about, otherwise it can be a painful experience. Ask questions. Listen for some kernel of interest or approach that the other person shares.
2. **Be excited:** If you are excited to share you will find creative ways to make sure your contact stays engaged. If you know what you want to say is there ever a need to search for words? Be excited to listen to their story.
3. **Rehearse:** If you are giving a more formal presentation practice aloud. When you engage the muscular movement of the lips, tongue and jaw, you aid memory, build sense, connect to your emotions, and teach your body to be clear. Speak the key points out loud to your plants, pets, and passers-by. Give yourself a practice audience where you can get feedback. Join a Toastmaster's group.
4. **Make it about them:** The drama happens in the mind of your listeners, potential investors. Stimulate their imaginations with stories, inspire them with possibilities, and challenge them with opportunities. Get them to talk about their dreams.
5. **Train your voice:** What? I'm not a singer! Doesn't matter. Actors train their voices so that night after night they can show up with authenticity and not have their nerves show. A relaxed, resonant voice creates comfort in your listeners. They are more willing to believe and trust you.
6. **Train your body:** A self aware body carries itself with ease and uses itself to direct the attention of your listeners, rather than tremble and shake. A body that is under pressure in front of a group, whatever size takes the heat and experiences the impulses of fight or flight. Training tames those impulses and re-directs the energy to make a connection with your listeners.
7. **Decide that you are a communicator and listener.** That's right! Give yourself permission to be a great communicator. Take it on with no apology. You will notice an instant change from your contacts who will respond with positive feedback, appreciation and future deals.
8. **Give 100% of yourself.** Hold nothing back. When you have the privilege of speaking to people make it matter. This day is not like any other day. Make it a memorable experience for the others. Make them feel that they are the most interesting people there.