

Christine's Tools for Great Talks

If you're nervous speaking in front of groups...

- Join [Toastmasters](#)
- Volunteer (even though you don't want to) every chance there is to present
- Raise your hand and speak at meetings, events, seminars
- DON'T raise your hand, but still speak
- Practice, practice, practice
- Practice in front of a mirror. It can help to see another person, and check your posture and body language.
- Video your practice session, then critique your posture, tone, body language, everything.
- Team up with a great presenter at your firm, and ask to present a small portion of their talk.
- Check out Susan Cain's [Quiet: The Power of Introverts in a World That Can't Stop Talking](#)
- Watch these Lean In Videos on Taming Adrenaline in Public Speaking.
<https://leanin.org/education/taming-adrenaline-overcoming-speaking-anxiety>

If you want compelling slides...

- [Presentation Zen](#) by Garr Reynolds
- [Presentation Zen Design](#) by Garr Reynolds
- [The Non-Designers Design Book](#) by Robin Williams

If you want inspiration for talks, watch...

- TED talks
- Amy Cuddy's [Your Body Language May Shape Who You Are](#) (note controversy prior to viewing)
- Melissa Marshall [Talk Nerdy to Me](#)
- Brené Brown [The Power of Vulnerability](#)
- Julian Treasure [How to Speak so That People Want to Listen](#)
- Leaders in your industry, and pay attention to what parts of their presentations resonate with you, what you remember, and how they conveyed this information. Then copy them.

If you always want to be prepared, get...

- Your own clicker and pointer (around \$10)