



Faking Confidence:
Choreographing your
Body Language

Aims and Objectives

Aim:

To develop presentation skills and discover new techniques to help build confidence while presenting.

Objectives:

- **Identify possible issues surrounding presenting**
- **Review current techniques**
- **Discussing best practice for delivering presentations**

1.

Initial concerns around presenting?

Please write any concerns,
questions or comments on the
post it's provided.

Self assessment of presentation skills



What does your body language say about you?

Take a second to review your own body language

Amy Cuddy

Social Psychologist at Harvard

“

*don't fake it till you
make it. fake it till
you become it.*

”

(amy cuddy)



**TINY TWEAKS CAN
LEAD TO BIG CHANGES**

AMY CUDDY

PICTUREQUOTES.COM



PICTUREQUOTES

Body Language

Cortisol (Stress)

A red arrow pointing upwards, indicating an increase in cortisol levels.

Powerless Body
Language

Testosterone

A red arrow pointing downwards, indicating a decrease in testosterone levels.

Powerless Body Language

- Closed
- Small
- Fidgety
- Touches neck or face
- Moves around excessively
- Looks at the ground
- Rolled shoulders

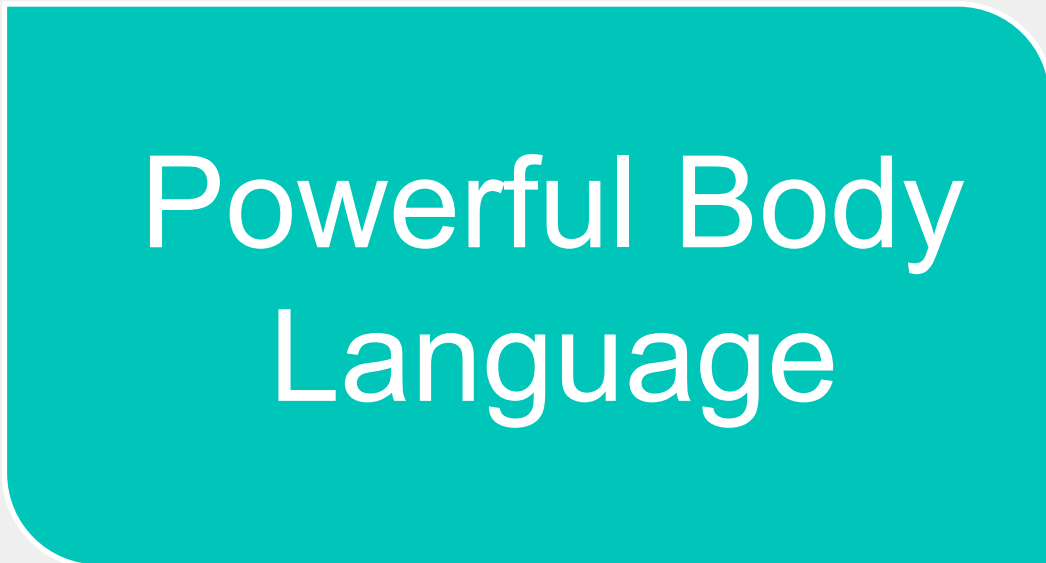


Body Language

Testosterone

A red arrow pointing upwards, indicating an increase in testosterone levels.

Powerful Body
Language

A teal rounded rectangle containing the text 'Powerful Body Language'.

Cortisol (Stress)

A red arrow pointing downwards, indicating a decrease in cortisol levels.

Powerful Body Language

- Big
- Open
- Takes up space
- Makes eye contact
- Shoulders back
- Chin raised
- Addresses the whole room







Your Turn!

Select a power pose and hold for 2 minutes



2 Minutes

Thoughts?

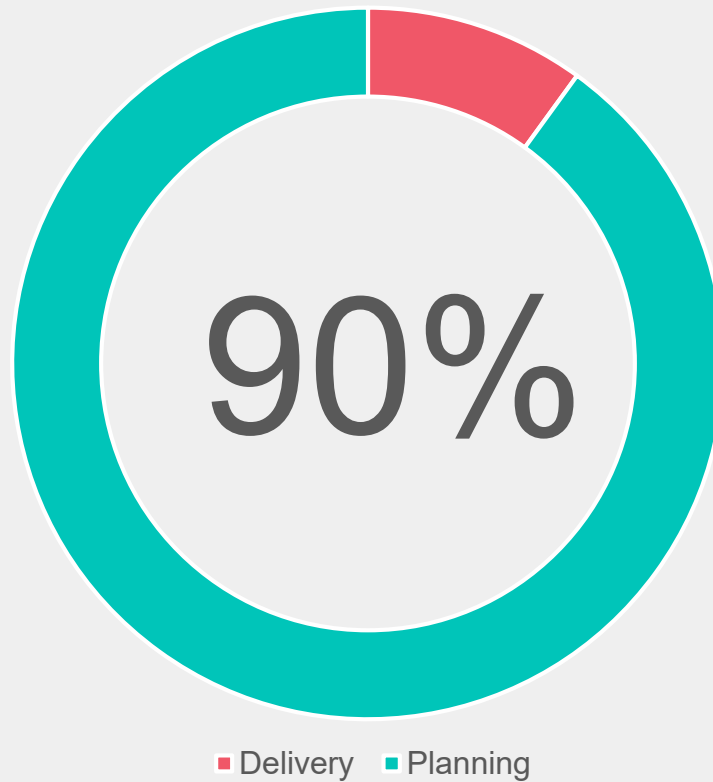


Planning

In order to give a strong presentation first
you must know your topic

Planning

Presentation Success



Planning your presentation

- Ensure you are sticking the assignment brief
- Treat your presentation as a verbal report
- Ensure it has a clear defined structure
- Prepare for possible questions at the end
- Take time on the design elements
- Think of ways to engage your audience
- Rehearse your presentation out loud a minimum of 3 times.

PowerPoint Pet Hates



What to watch out for

Annoying PowerPoint Survey Results 2019



Pitching your presentation

Ensure you are pitching at the right level for your audience

Pitching your presentation

- Ensure you are giving information at the appropriate level
- Give some background information
- Don't assume your audience are industry experts
- Demonstrate your understanding
- Always link back to the assessment brief

10 Top Presenting Tips

1. Plan 90% of the success of your presentation is in the planning
2. Create engaging slides
3. Practice out loud **at least** 3 times
4. Remember you are the source of information not the slides
5. Have a clear structure to the presentation
6. Make eye contact with the whole room
7. Have a bottle of water to hand
8. Check your equipment beforehand if possible
9. Power pose for 2 minutes before presenting
10. Breathe and try to enjoy it!

Let's review

Body Language

Do a quick review of your own body language. Ask yourself what is the image you are putting across? Are you portraying the best version of yourself?

Power Pose

Try a power pose on your own for 2 minutes before a situation you are nervous about. Power poses are proven to increase testosterone and reduce cortisol (stress hormones).

Plan

Planning is the key to a successful presentation. You will feel more confident about the delivery of your presentation if you know your topic inside out.

What to avoid

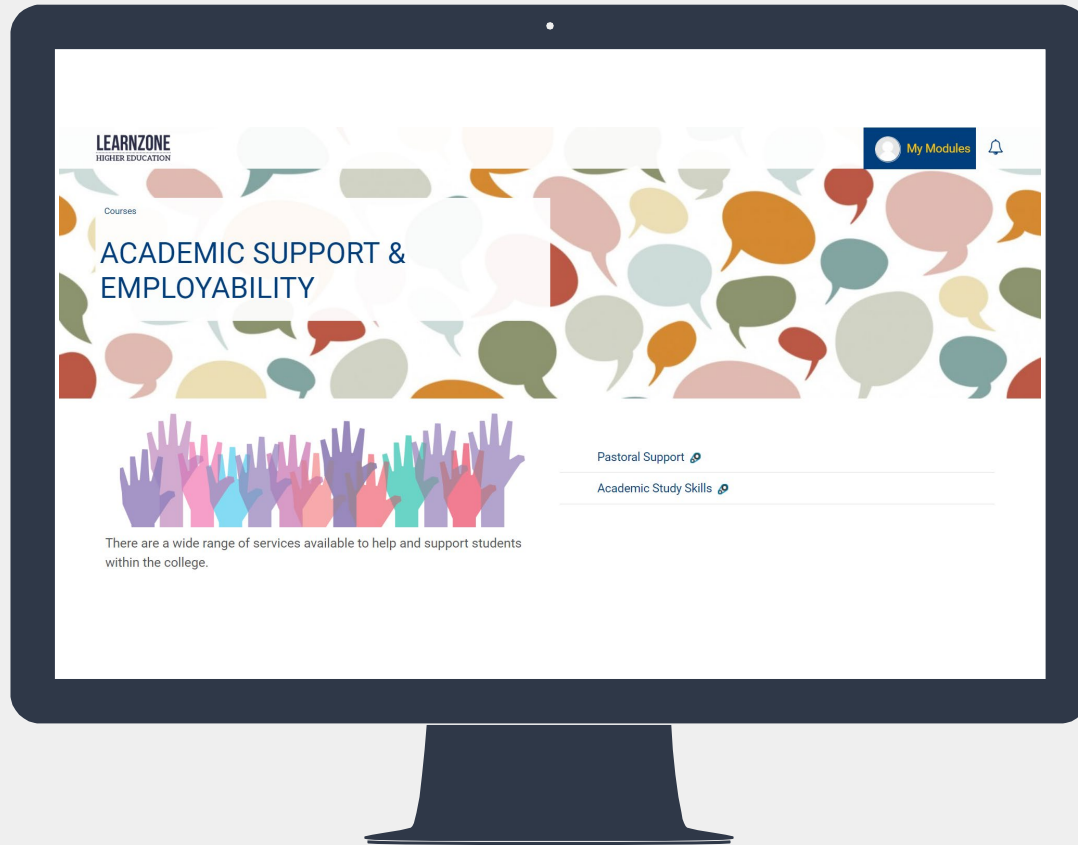
Limit the word on the slide to avoid reading fatigue. Ensure visuals are clear and easy to understand. Proofread thoroughly to ensure there is no spelling mistakes on the slides

Pitching

Ensure you are giving information at an appropriate level. Don't assume your audience is as experienced as you. Offer some background information to ensure a level of understanding.

Top Tips

Practice, practice and practice some more. Try to 'perform' your presentation out loud at least 3 times. Video yourself or audio record it so you can judge timings, tone of voice and pace.



More Information

For more information on academic skills visit [HEarnZone](#)

Further Reading/Resources

Bethell, E. and Milson, C. (2014) *Posters and Presentations*. Basingstoke: Palgrave Macmillan.

Carney, D.R., Cuddy, A.J. and Yap, A.J. (2010) 'Power Posing: Brief Nonverbal Displays Affect Neuroendocrine Levels and Risk Tolerance', *Psychological Science*, 21(10), pp.1363-1368.

Ledden, E. (2017) *The Presentation Book*. 2nd edn. Harlow: Pearson.

TED (2019) *Your body language may shape who you are*. Available at: https://www.ted.com/talks/amy_cuddy_your_body_language_shapes_who_you_are (Accessed: 28 February 2019).

Thanks!

Any questions?

You can find us at:

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