

Tips for Calming Nerves

being prepared-Kaitlyn

Having a producer

Power stance- Amanda

Travis- A deep, controlled breath.

Be fully prepared

Drinking cold water

Erin Kevin- practice in advance Have some jokes- laughter calms my nerves

water or tea ready

Power stance- Amanda

Tips for Calming Nerves

Erin KevinPractice Tell a joke- laughter calms

Deep breathing

Be ready for questions you know the audience will have

having a producer

I'm a fast talker, so I count in between statements. This calms me and ensures the audience can understand me. ;) Shannon M.

molly - deep breathing

Emily- I tell myself I'm the expert in the room ;) I try to go through the presentation a couple times and be prepared.

practice , practice, practice beforehand

Molly - self internal talk - listen bxxxx slay this