

The Anatomy of an Effective Presentation

Outline Think of your presentation in the same way as holistic wellbeing - just as every body part is vital, consider all your elements when planning the best structure. Immerse yourself in ideas until the anatomy of your presentation emerges.

Heart



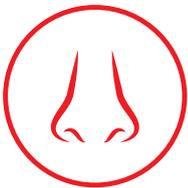
Share your passion, speak from the heart. Make those palpitations count!

Bones



Well-paced and timely preparation will result in firm foundations and the clarity that your presentation needs to steer the audience on the journey.

Nose



Sniff out what makes the audience tick as this will inform your choice of material and your persuasive tactics.

Brain



Use the brain's respective hemispheres to create maximum impact

Intestine

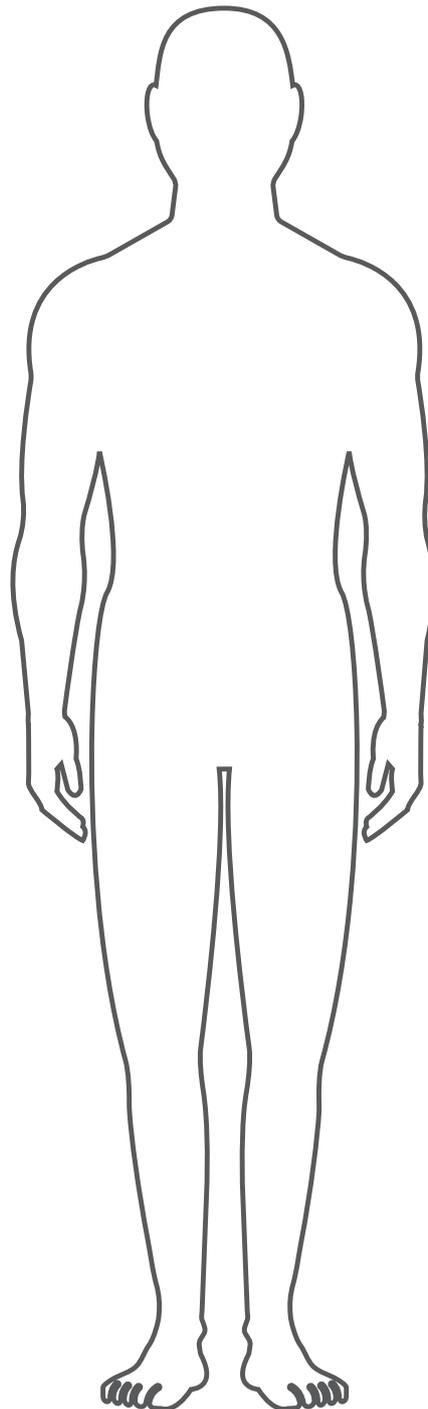


Don't risk indigestion by rushing either the preparation or delivery; let it sink in for a deeper connection.

Feet



2 feet, 2 concepts. The presentation 'walks' the audience's journey, so make it fit their feet. Effective and rehearsed use of your own footsteps - and body language in general - enhances the words and message, so own the stage.



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Eyes



Be creative with your visuals and avoid clichés. Rather than being a prompt for you, they should prompt your audience to think deeper about the message, remember it and apply it.

Lips



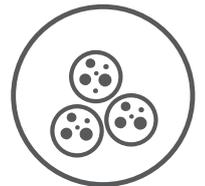
Are you sitting comfortably? Make your presentation storytelling at its best, where the audience can have a memorable emotional response to a well-structured narrative that hits home.

Ears



Listen out for 'feedback' so you're aware of carrying the audience with you, involving and engaging them. Don't come second best to email-checking or social media!

Skin



The relationship you foster with the audience is the 'glue' that binds your presentation together. Knowledge and credibility is the rational layer and 'likeability' is the emotional layer.

Bladder



How to deal with nerves and stage fright so you can feel relaxed and confident when presenting.

Stomach



Your audience should feel motivated and hungry for action, so let them know how to make the most of the takeaways on offer.

Soul

Understanding your role as mentor within the presentation process maximises results for the audience.