



Get Ready to Rock Your Presentation

Your Presentation Warm-Up Routine

Having prepared your presentation so thoroughly, you also want to be in your best mental and physical shape. Before you stand on the stage, it's worth finding a quiet place where you can be alone to focus, relax and get mentally and physically ready.

During this quiet time, you can run through the following routine:

Breathe

Take a minute to breathe deeply into your stomach. This will bring oxygen to your brain and will relax your body.

- ✓ Breathe in to a slow count of 4. Hold the in-breath for the count of 4. Breathe out to a slow count of 4. Hold the outbreath for the count of 4. Repeat 4 times.

Warm up your body

Your presentation is not only about what you say and how you say it, but also about your presence, and your whole body is part of that.

- ✓ Loosen up your body – shake out and roll your shoulders, neck and jaw to release tension. Stretch up your arms and stand on your tiptoes. Then release.
- ✓ The adrenaline may cause you to have wobbly legs or shaky hands. To let go of this additional energy clench tightly and then release your thigh and buttock muscles.
- ✓ Pose like a superhero for 2 minutes (hands on hips, legs hip-width apart, chest out and chin up). Amy Cuddy, Harvard professor and body language expert, found that our emotions respond to the physical state of our bodies. If we use positive and relaxed poses, we will feel more positive and relaxed.

Warm up your voice

- ✓ Give yourself a little facial massage to loosen your jaw and cheek bones with your hands and make chewing motions to wake up your lips and mouth. Blow raspberries to release all the tension in your lips and the muscles around your mouth.
- ✓ Warm up your vocal cords by making siren noises. Start low in your register, on an “oo” or “ee” and slide your way up to a higher register and back down.
- ✓ Sing a song (you don’t need to be a great singer) that matches the mood of your presentation. This will help you to start using your voice, connect your voice with your emotions and become performance ready.

Focus

- ✓ Listen to some positive, uplifting, or calming music to help you feel confident and composed.
- ✓ Conjure up a time when you felt great – successful, powerful and in control. Fill yourself with the warm, safe glow that this provides. Visualize a positive outcome in your conscious mind and your subconscious mind will follow.

Bonus

Just before you walk on stage or to the front of the room, take a moment to compose yourself.

- ✓ Breathe deeply in and out a couple of times.
- ✓ Fill yourself with a positive glow of emotion - visualise yourself as a successful, confident and engaging presenter.
- ✓ Smile, including with your eyes.