

Unlocking Presentation Excellence: Insights from Elite Athletes

In every sport, there are teams and players that stand apart from the rest. As presenters we can enhance our “game” by borrowing their techniques and excel at the presentation process.

INSIGHT

1

Elite athletes are flexible, nimble and fast on their feet. As presenters we need those same skills. Be prepared to shorten or change your presentation when Q & A includes questions you didn't expect.

INSIGHT

2

Elite athletes build on the basics. There are certain moves, certain skills they'll need for every game. As presenters, we must include basic components and strategies that belong in every presentation. No client ever tires of learning the value you can add to their bottom line.

INSIGHT

3

Elite athletes practice relentlessly to stay ahead of competitors, even if it's only for a 2 second lead. We can stay ahead of competitors in much the same way by getting comfortable speaking to strangers. Find opportunities like raise your hand during a webinar, lead a Mastermind, have 1:1 with a new colleague or chat with someone at the market.

INSIGHT

4

Elite athletes are passionate and they show it. Even on the tough days, you can see their energy and enthusiasm for their sport. Let's do the same. Show your passion and enthusiasm for the work you do. Passion is contagious and will extend to your team and your audience.

INSIGHT

5

Oh...one more thing. Elite athletes always work with a coach! Learn techniques on how to stay calm under pressure, position yourself as an expert and empower audiences as a captivating and confident speaker.

