

“I’d Rather Die... Than Give a Presentation!”

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Fears in Perspective

The top ten fears of most people are:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Why I am afraid of speaking in front of
people: _____

Key Point: Fear helps me _____

Preparing a Presentation

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

Key Points: The two most important things for me to remember about preparing for a presentation are:

1. _____
2. _____

Methods of Practicing:

1. _____
2. _____
3. _____
4. _____

Which practicing method would work best for me? _____

Audience Interaction

Key Points Regarding Interacting with the Audience:

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

Notes: _____

With what types of interaction am I most comfortable? _____

Other Hints, Ideas, Encouragements...

Notes: _____

Key Points from this Presentation

The following are the key points I learned from this presentation. These will help me the most when it comes to preparing for and giving a presentation:

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____