

Top 10 tips for dealing with presentation nerves



Nerves really are the elephant in the room when it comes to making important presentations. Most people do not like presenting because it makes them feel one or more of the following:

- a dry mouth
- a sharp breath
- a quicker heart rate
- sweaty palms, or armpits
- blushes
- can't think straight
- a knot in their stomach.

Who wants to feel like that? Understanding your nerves will help you to overcome them.

Here are 10 tips to help you achieve presentation success.

1. Understand your nerves and how they affect you. Nerves are just fast-moving chemicals in your body that are designed to trigger the “fight or flight” reaction to danger. The adrenalin rush this creates can cause the above effects.
2. So good news about nerves – you can have “good nerves” that convert into a positive energy that helps your overall presentation. Good energy pointed in the right direction is powerful so use it!
3. Control your pulse. Regulating your heart beat is the best way to calm the nervous system and allow you to think clearly under pressure and enjoy the presentation. Breathing exercises are the best way to slow down the heart rate. Here are two good options to use before your presentation. Breathe like a Buddha:
 - a. Take three deep breaths using and relaxing the abdominal muscles.
 - b. Inhale through your nose counting to five then hold for two. Exhale from the mouth counting to four.
4. Beware of the concurrent post-mortem. You have the rest of your life to do a post-mortem on your presentation.
5. Proper planning and preparation prevents poor performance. Perfect practice makes perfect. Practice delivery out loud. Know your stuff and the words will follow. Have a great structure.
6. Try visualisation in advance of the presentation
7. Use active visualisation and anchoring to achieve the optimum performance state for your presentation using triggers.
8. Assume technology failure. Have a plan B. A solid, back-up plan is guaranteed to calm the nerves.
9. Be yourself!
10. Enjoy the challenge!