



SHOWCASE R E A D Y



The STEMworks™ Summer Internship Showcase is just a week away! Annette Lynch, a TEDxYouth Coach and MEDB's High Tech Maui project assistant, helped our STEMworks™ interns with their presentation skills. She pointed out that the three areas to work on when preparing for a presentation are: your confidence, message, and how you deliver your message.

The more preparation you put into your presentation, the more confidence you will have! Annette suggested to write out your presentation. This will help you figure out how you will convey your message, and find those keypoints you want to emphasize. STEMworks™ interns also identified their fears when it comes to presenting. Some of their fears include: forgetting what to say, audience yawning, awkward silences, and being intimidated by all the experts present in the room. Annette defines F.E.A.R as "false evidence appearing real", and emphasized that some of these fears are all in our heads. To help get rid of these fears, you want to identify and be aware of what makes you nervous about publicly speaking. If you didn't have this fear, how would you be? How would you feel?

When conveying your message, you want to answer four questions in your presentation:

1. Why is this important to your audience? This is your connection with your audience, it peak their interest.
2. Include facts, numbers, science behind it. This helps substantiate what you're talking about.
3. How do you do these things? How would the audience use the information that you presented?
4. What if your audience does not have the materials or programs that you have? Be ready for questions!

This is your "4 MAT". It helps simplify what you need to talk about and hits all the main points of your presentation. This format can also be used when you are including stories into your presentation. Incorporating stories in your presentation will help you relate with the audience, get them engaged, paint pictures, and create a memorable presentation.

A successful presentation requires lots and lots of practice. Make sure you practice out loud! This gives you the opportunity to play with different tones. Changing your tones will help you get your point across and emphasize the main ideas. You should also picture yourself doing the presentation. Imagine presenting to a small or big audience. Picture yourself presenting with confidence!

After preparing and practicing your presentation multiple times, many of us still feel nervous and may even have "butterflies" in our stomach. You want to change the meaning of those butterflies! Instead of representing nervousness, those butterflies mean adrenaline, you are ready to get up there and present! Breathe, loosen up, smile, think positive thoughts! Remember, your emotional state determines your actions!



"Most of the fears that I have relating to public speaking and presenting in general is all made up scenarios in my head. I definitely have a better feeling about public speaking and of course my fear for it isn't going to go away completely in one day but it's definitely going to be easier to get through it."

- Kawena Kekuewa

"Proper addressing of fears and changing your thinking in advance with good preparation techniques will greatly improve your overall energy and flow (confidence) when giving a speech."

- Cameron Loewen

