

Wait, I Need to Rehearse?

“As in sports, practice always pays off, and it doesn’t matter how long you’ve been a pro.”

– John Chambers

We do not want our colleagues to suffer countless minutes of needless pain simply because we did not prepare. Great presenters combine great ideas with the ability to communicate those ideas. The key ingredient to a great (in comparison to a good) presentation is rehearsal. Set aside time before your next presentation to practice. It will pay off more than you can imagine!

THE 10X RULE

Commit to 10X improvement. Repeat the first few minutes while you drive or take a walk. Spend more time practicing complex or technical aspects of your presentation.



Start as strong as you end. The two most important parts of your presentation are the beginning and the end. Nail down the introduction – why someone should care to listen and end with what they should do differently.



Practice under mild stress (eustress). Rehearse under “real world” conditions. Going over a presentation in your mind is not the same as delivering it in front of a crowd.



Record and watch your own presentation. Identify distracting habits, areas you seem unsure of yourself or fumble your words.



Get honest feedback on your talk and incorporate it into your next rehearsal.