

How to rock the stage: public speaking for geeks!



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25.000.000 people EVERY DAY are bored to death during bad presentations. What about yours?



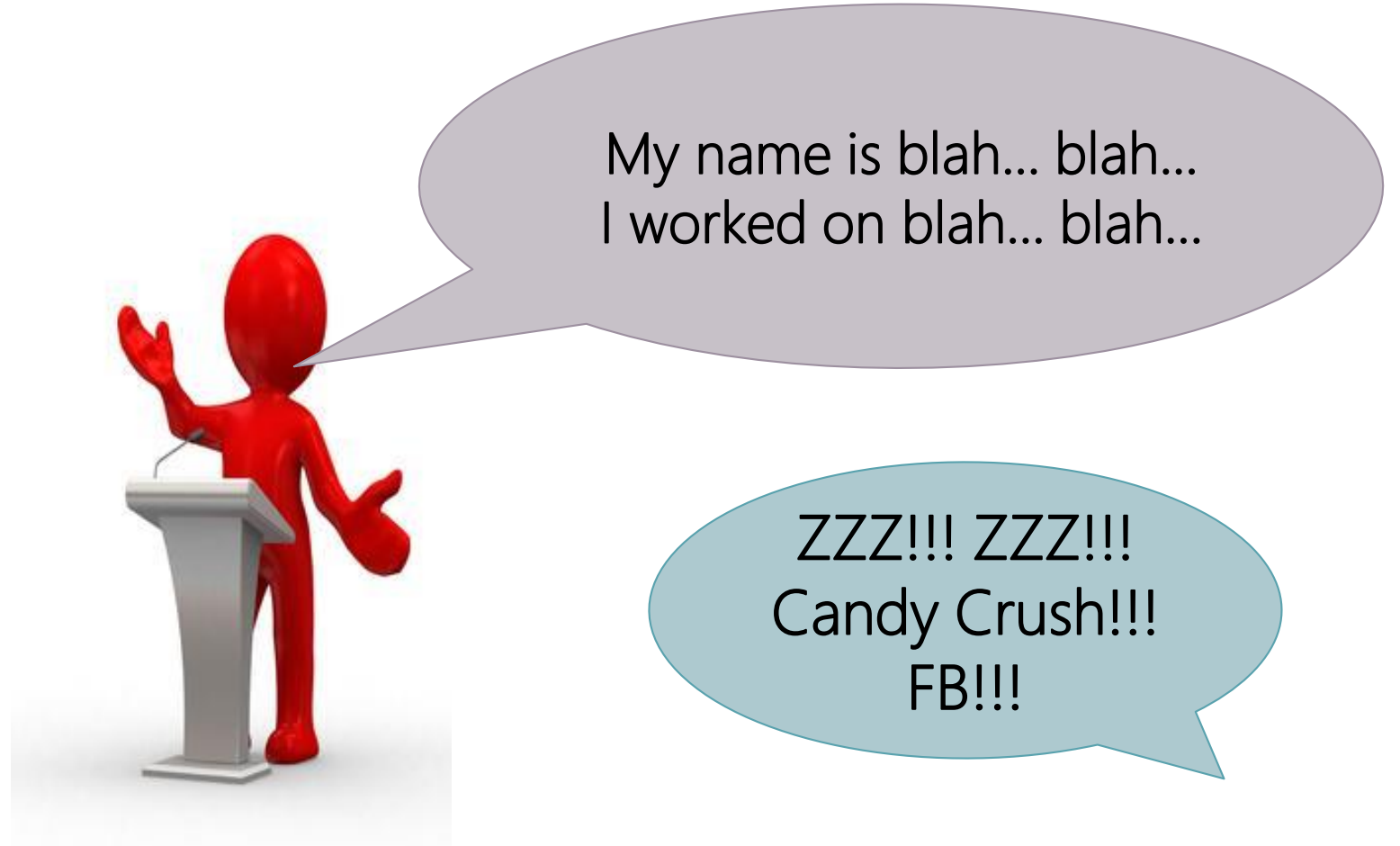


Ask yourself...

Am I doing it in the right way?

Ten public speaking clichés that aren't always true

Why wasting the most important moment of your presentation to introduce yourself?



Give them immediately the reason to listen (VALUE), and make them crave for more!



Some icebreakers...

But remember the VALUE!!!



Tell a
story

- That shows
VALUE

Ask a
question

- That uncovers
VALUE

Go around
the table

- Always keep
control

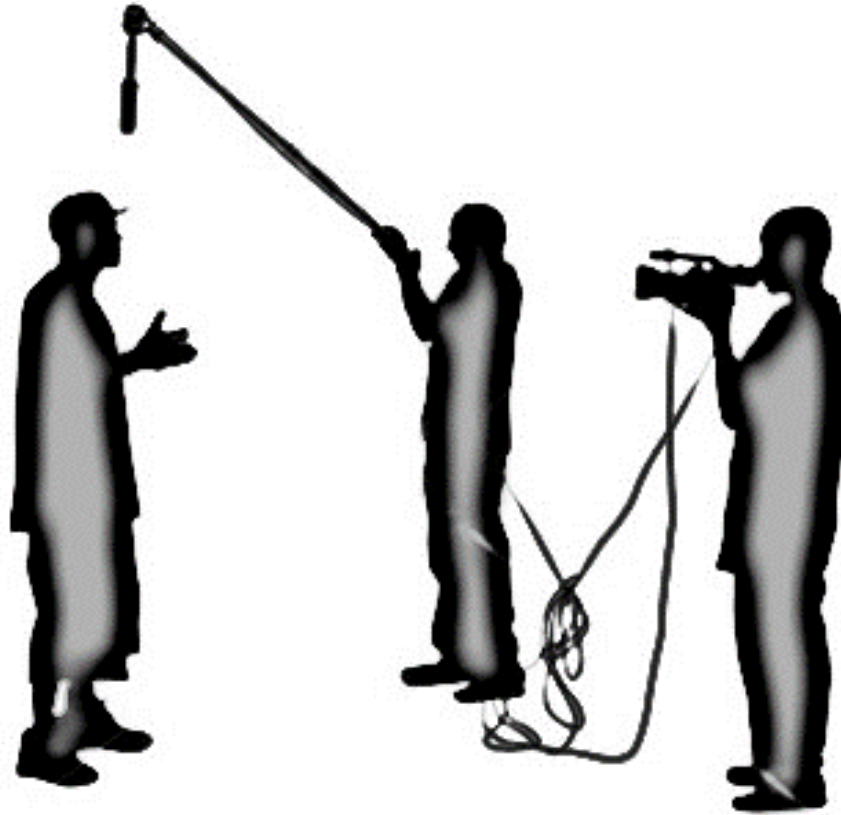
Arouse
curiosity

- Bill Gates
released
mosquitoes
😊

Don't rehearse in front of a mirror!!!



Rehearse first, and then you can look at it!!!



You MUST be among people, also when you're on stage!
You need to learn to have a good eye contact!



Picturing the audience naked? It does NOT work!



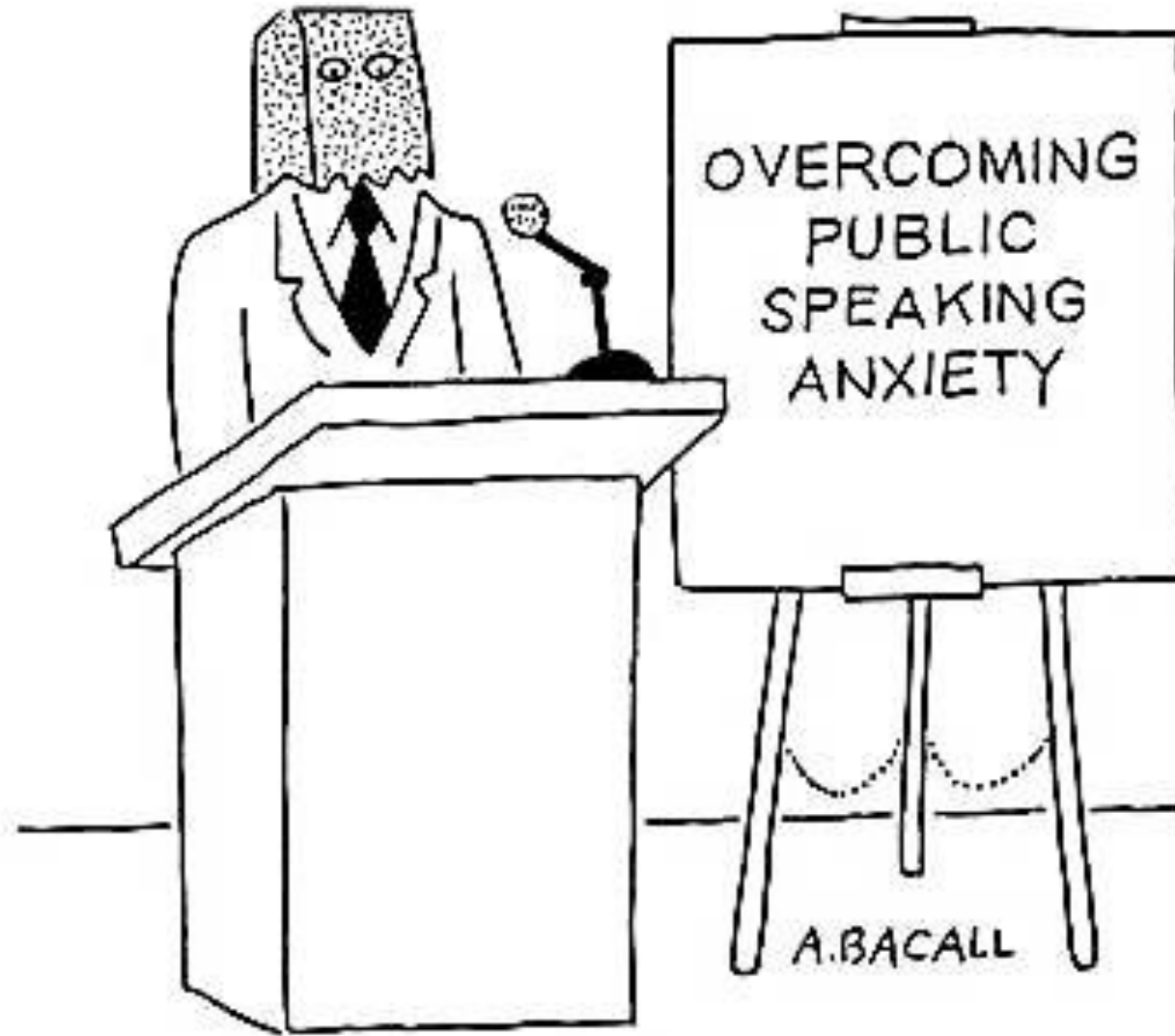
They're hungry for knowledge; they're NOT going to eat you!



Don't need to be a presentation...
Set it as a conversation!



Nice is all very nice, but I'm an introvert!



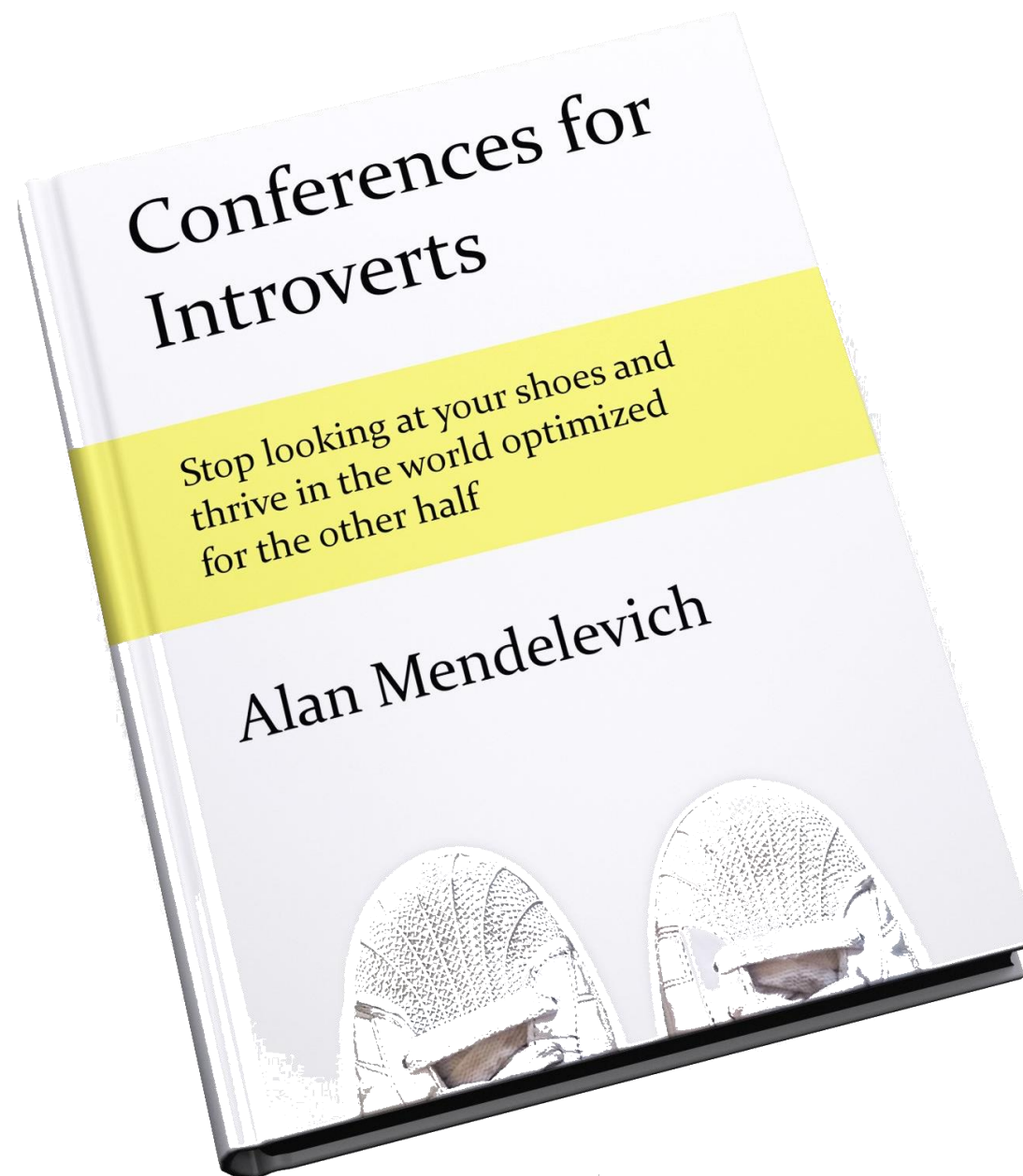
«Introversion” or “shyness” are not excuses!!!
Stage is the safest place for you!!!



There is «only» one difference between an introvert and an extrovert regarding public speaking... Energy source!

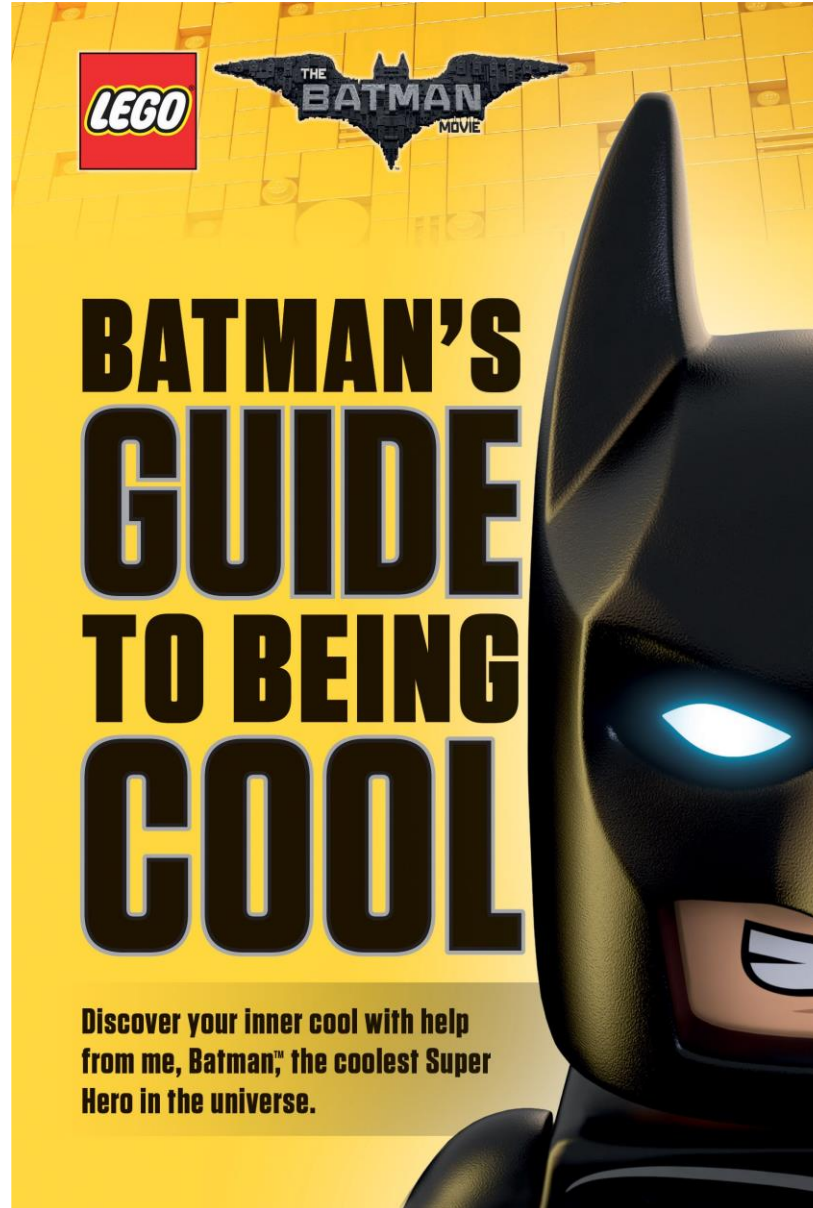


Hot from the press!



Book: <https://www.amazon.it/Conferences-Introverts-Looking-Optimized-English-ebook/dp/B0768TPWJB/>

«Just try to be yourself» is a bad advice!!!



You need a ritual to become «the best version of you»!
Or at least to «suck less» 😊



Wonder Woman Position:

- Perfect before the session to recharge energy, you can use it «sparingly» during the session, too.
- It lowers Cortisol and increases Testosterone
- It's one of the best «power poses»

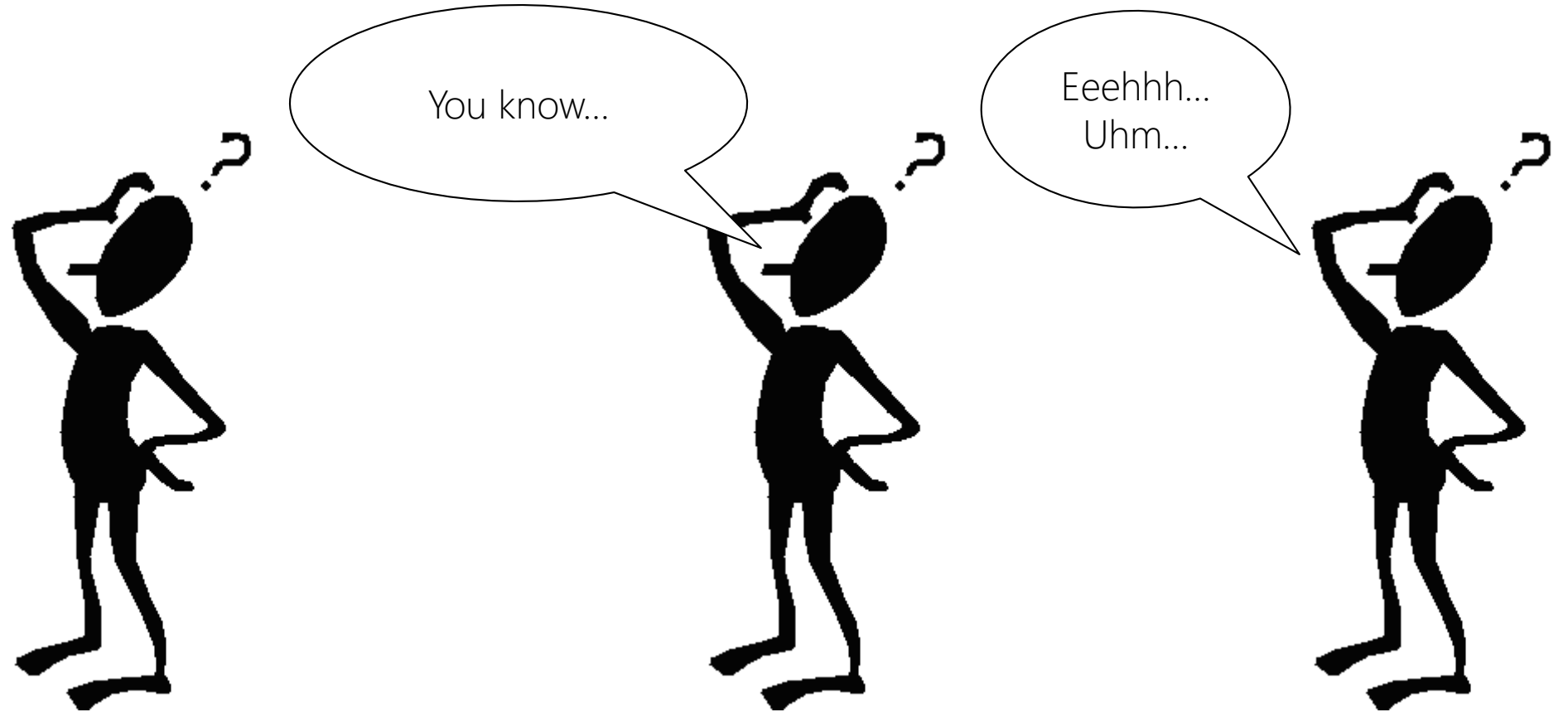
Fake it till you become it!!!

You can also warm up your voice with the right exercises!

You should feel at ease... Shouldn't you?



NEVER learn a session by heart!



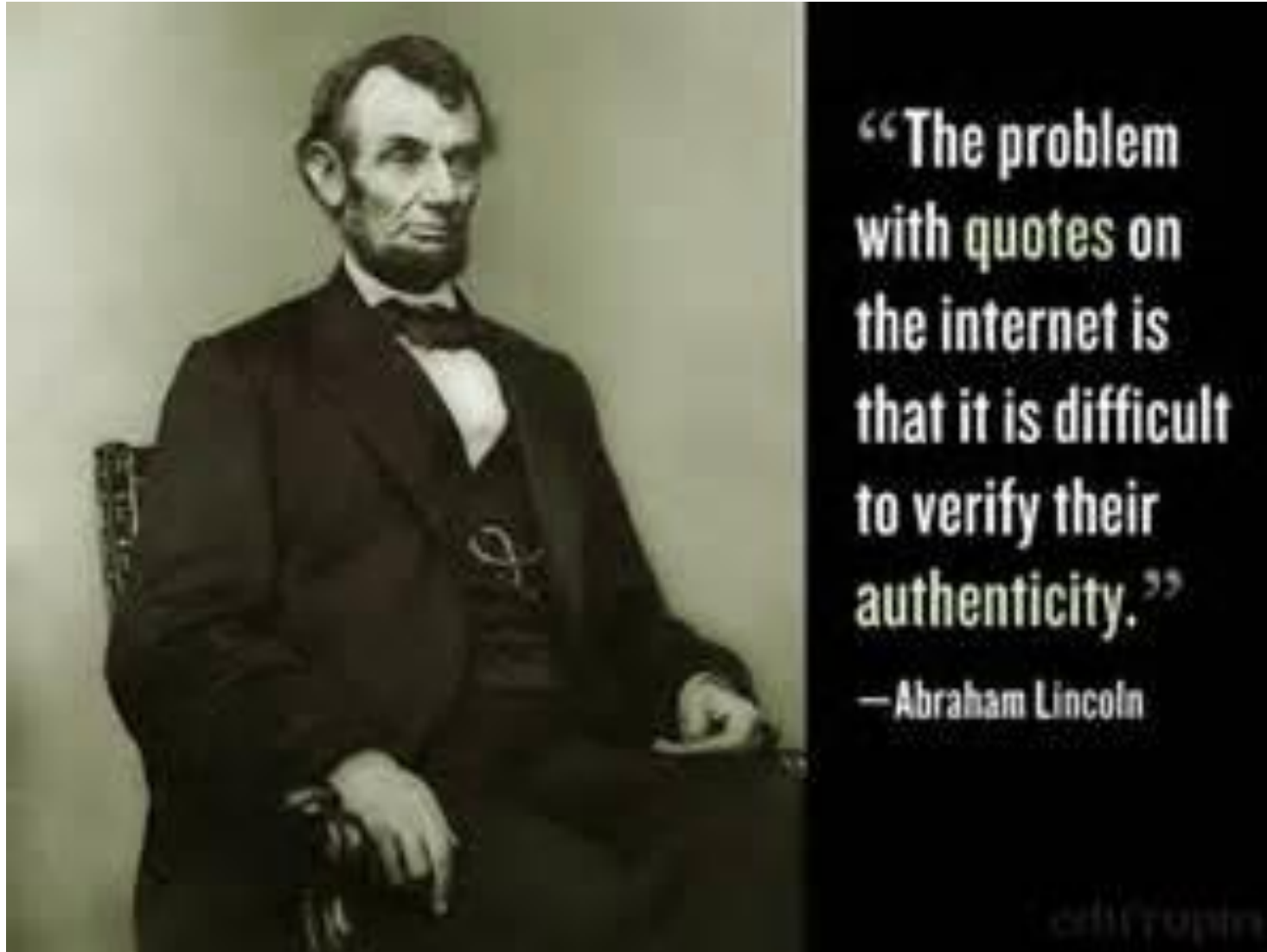
Memory is a bad ally!



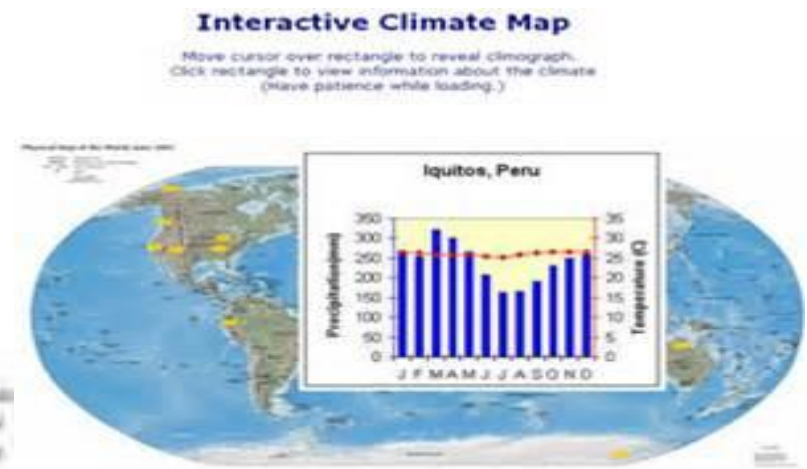
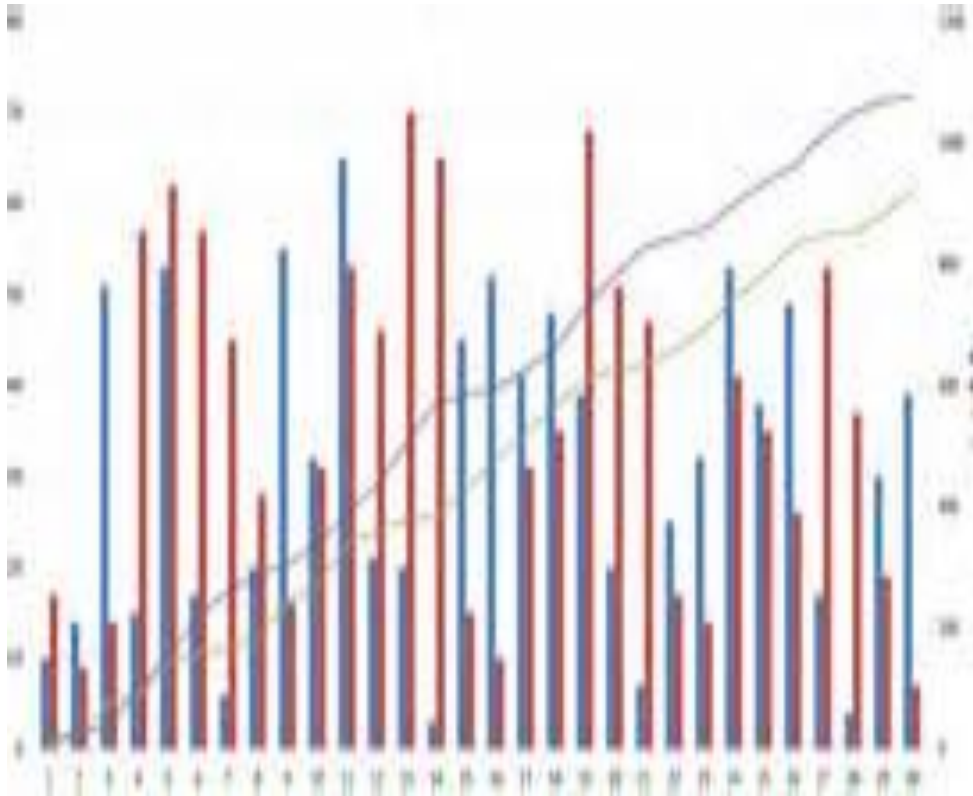
You need to memorize ONLY the beginning and the end of the presentation!



If you don't remember something important, put it on the slide, don't hide it in the notes!



Use Powerpoint, Keynote, Prezi, PDF, etc. DON'T let them use you!



- It never rains, it pours!

A wide-angle photograph of a mountain landscape. In the foreground, a dirt path winds down a grassy slope. Several hikers are visible on the path and on the grass. The middle ground shows a large, turquoise lake nestled between green, forested mountains. In the background, more mountain ranges are visible under a blue sky with scattered white clouds. A large, white, stylized number '7' is overlaid on the left side of the image, partially covering the mountain slope and the path.

7

...and now what?

«Put off till tomorrow what you can do today!»



Become a time master!



2 minutes per slides, 5 minutes per demo.



Animations could take time, consider to split slides.

Get help with timers or «ring boys/girls»

Pay attention when slides advance automatically.

If you're delivering a full day training, make people move during the day to recharge.

Did you count how many stories I've just told you?
Stories are the key, details will follow...



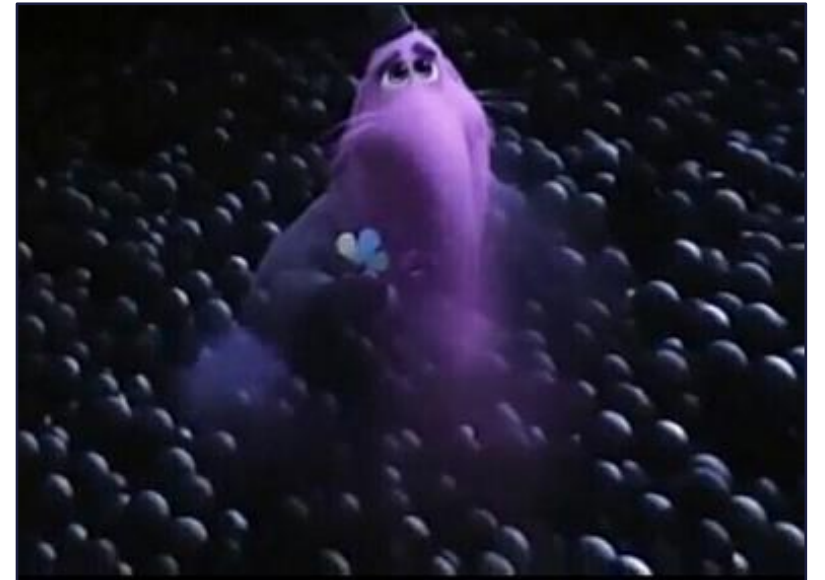
If you want people to remember something for a long time, use stories that connect to emotions.



Emotions
pave the way
to memories!



Details will fade
away without a
good story!



Before we go...

Some strategies to cope with anxiety and stage fright!



Arrive early
and
familiarize
yourself
with the
room



Relax and
power
posing



One hand
on your
stomach
and
breathe
with your
diaphragm



Cognitive
defusion
and
Expansion
(ACT)



Nutella!





There is no
secret
ingredient!!!

Please tweet your comments with these #:
#publicspeaking #CodemoBLN
or just send me an email!



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