

# *The Presence Present*



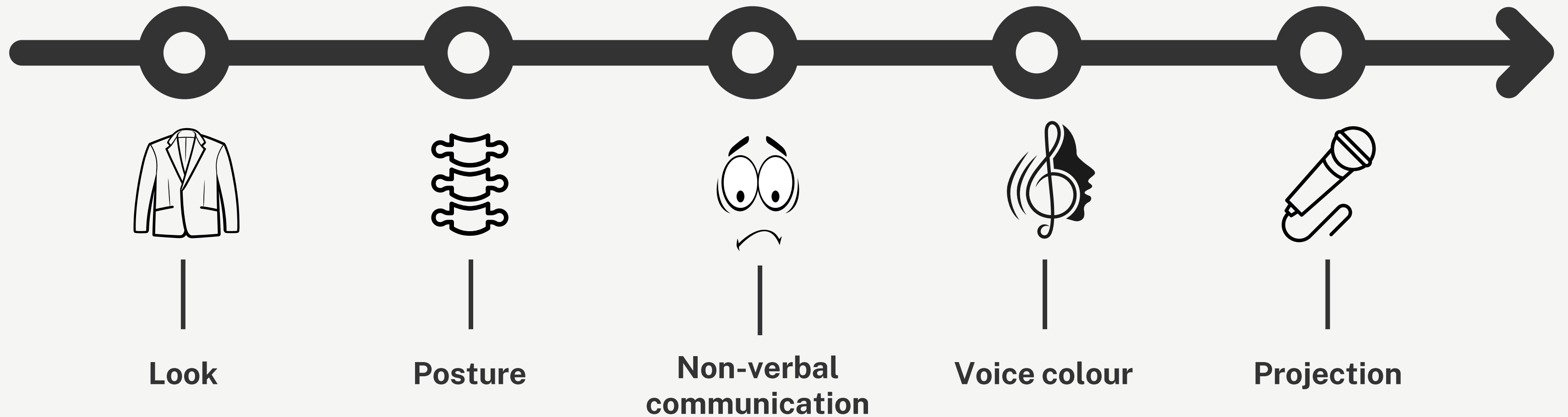
Presented by

**Polly May**

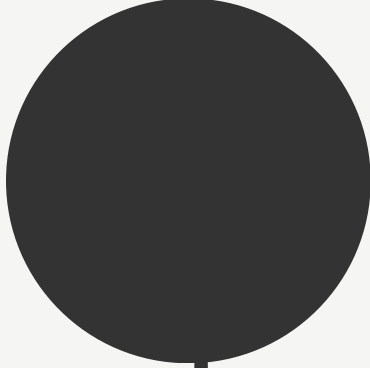
*Own your  
stage!*



# *The Presentation Toolkit*



# *Look*




Make it easy for  
your audience



Get the balance  
right

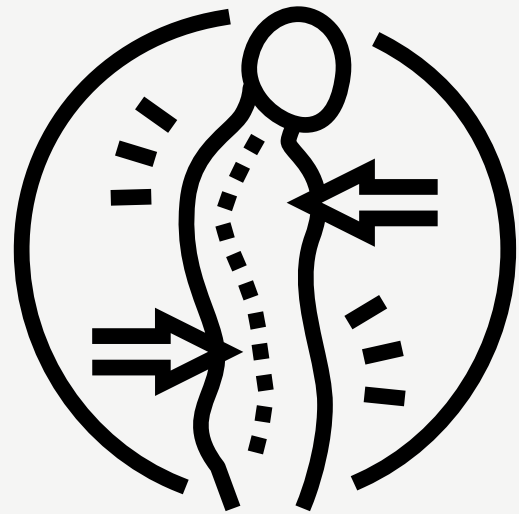


Understand your  
environment



Respect the  
people you are  
working with

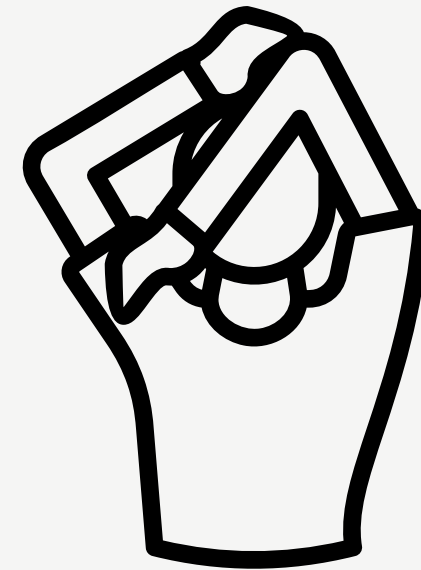
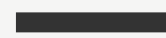
# *Posture*



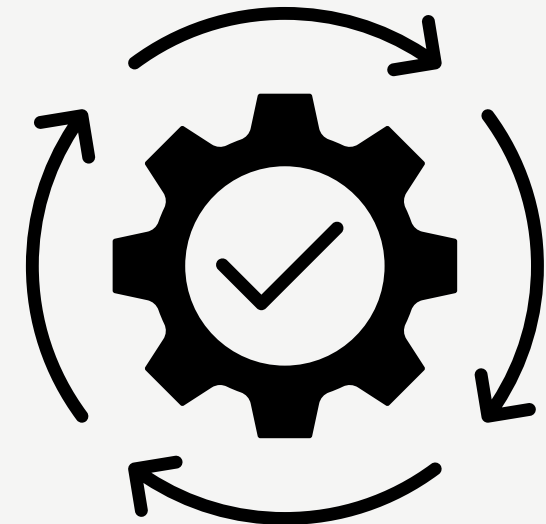
**Don't apologise**



**Are you ready?  
Breathe**



**Shoulders back**



**Let's try**



# *Non-Verbal Communication*

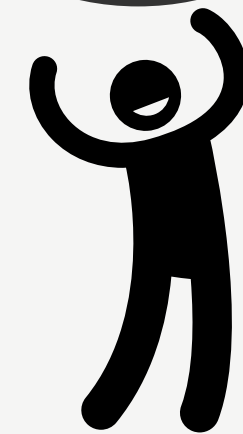
How much  
communication  
is non-verbal?

Between 70-93%

Face



Body



# *Vocal Colour*

## Exercise 1

Access your head voice  
'Coo-ee'  
'Hey-up'

## Exercise 2

Lip trill  
Sirening

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# *Vocal Colour Sentences*

## Business sentence

The value of one mbitcoin was flat this week, trading at about \$82,700. This compares with an almost 6 per cent fall from the UK's FTSE 100.

## Poetic sentence

I stand on bridges at sunrise  
And bathe in the laughter of  
light.  
Shadow falls behind me  
And that's all right.

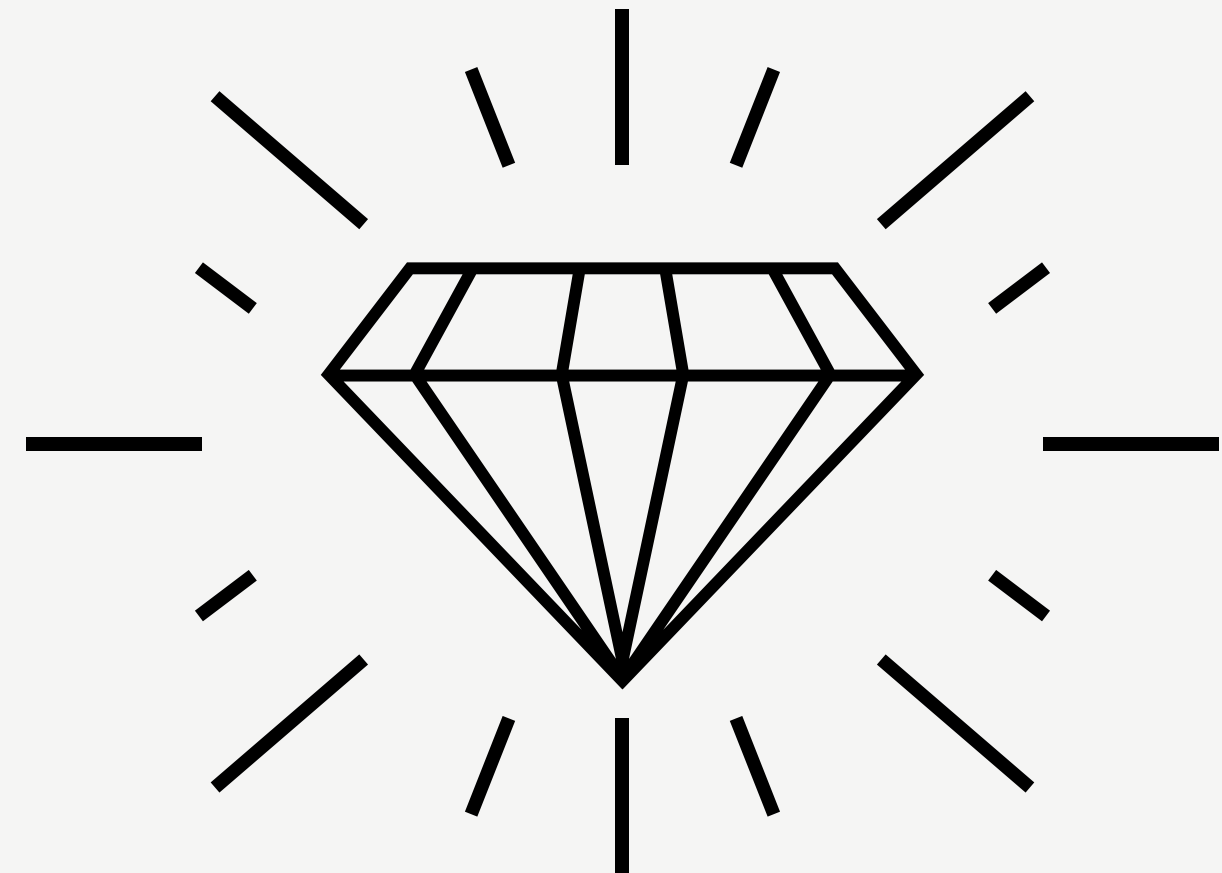
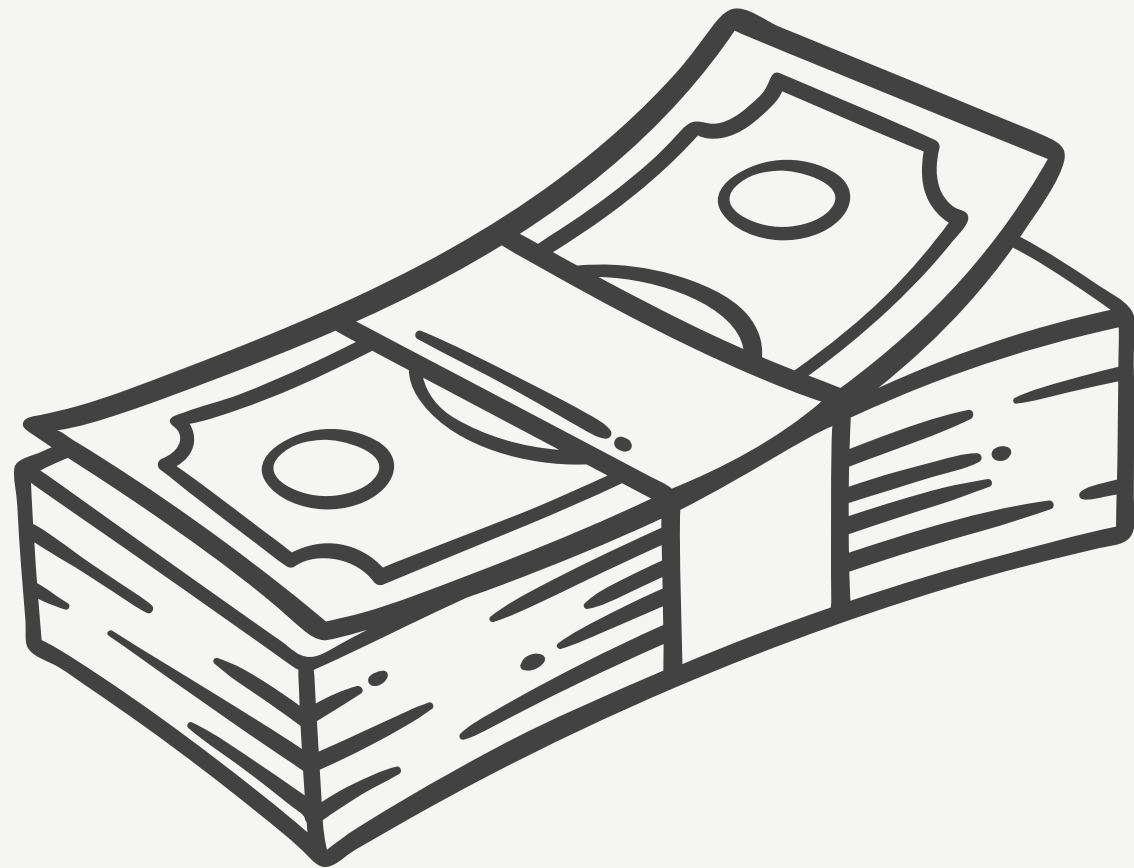
# The Vocal Pencil Case



# *Projection*



# *Use your diaphragm*



*Thank you for  
having me*



*Connect with  
me below*

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