



## Soft Skills



**Discover Your  
Presentation  
Superpowers**

## About Me



### Industry Experience



Finance



Technology



Education



Public Sector



Private Sector

### Qualifications

- LL.B., Trinity College Dublin
- Chartered Accountant (FCA)
- Accredited Life and Business Coach (IAPC&M)
- Distinction QQI Level 6 Train the Trainer

**Charlotte Rose Keating**  
**DCM Trainer**

# Objectives

**Identifying Your Strengths**

**The Power of Storytelling**

**Visual and Verbal Impact**

**Overcoming Presentation Anxiety**



# Identifying Your Strengths

## Self-Assessment Questions

What aspect of presentations makes you most nervous or uncomfortable?

What feedback have you received on any past presentations you've done?

How do you handle unexpected challenges during a presentation?



# Identifying Your Strengths

## The Diversity of Effective Presentation Styles

Informative

Persuasive

Entertaining

What is your preferred presentation style?

Remember: There's no "one size fits all approach"!





# Identifying Your Strengths

The Diversity of Effective Presentation Styles



# Identifying Your Strengths

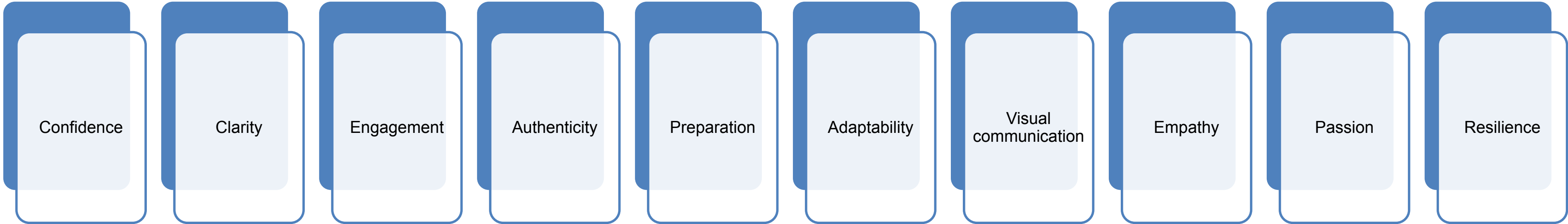
## Leveraging Your Strengths

Identifying and leveraging your own presentation style involves:

- Reflecting on your own strengths and preferences
- Observing and learning from others
- Practicing and experimenting
- Seeking feedback
- Embracing authenticity
- Iterating and adapting

# Identifying Your Strengths

## Leveraging Your Strengths





# The Power of Storytelling

Once Upon a Time...

Storytelling- an integral part of human communication

Research shows that stories stimulate multiple parts of the brain=  
MORE MEMORABLE!

Create a deeper connection with your audience through weaving  
narratives into your presentations!



# The Power of Storytelling

## Tips for Effective Storytelling

1. Start with a strong hook
2. Create emotional connections
3. Keep it relevant
4. Paint a vivid picture





# Visual and Verbal Impact

## Tips for Creating Visually Appealing Slides

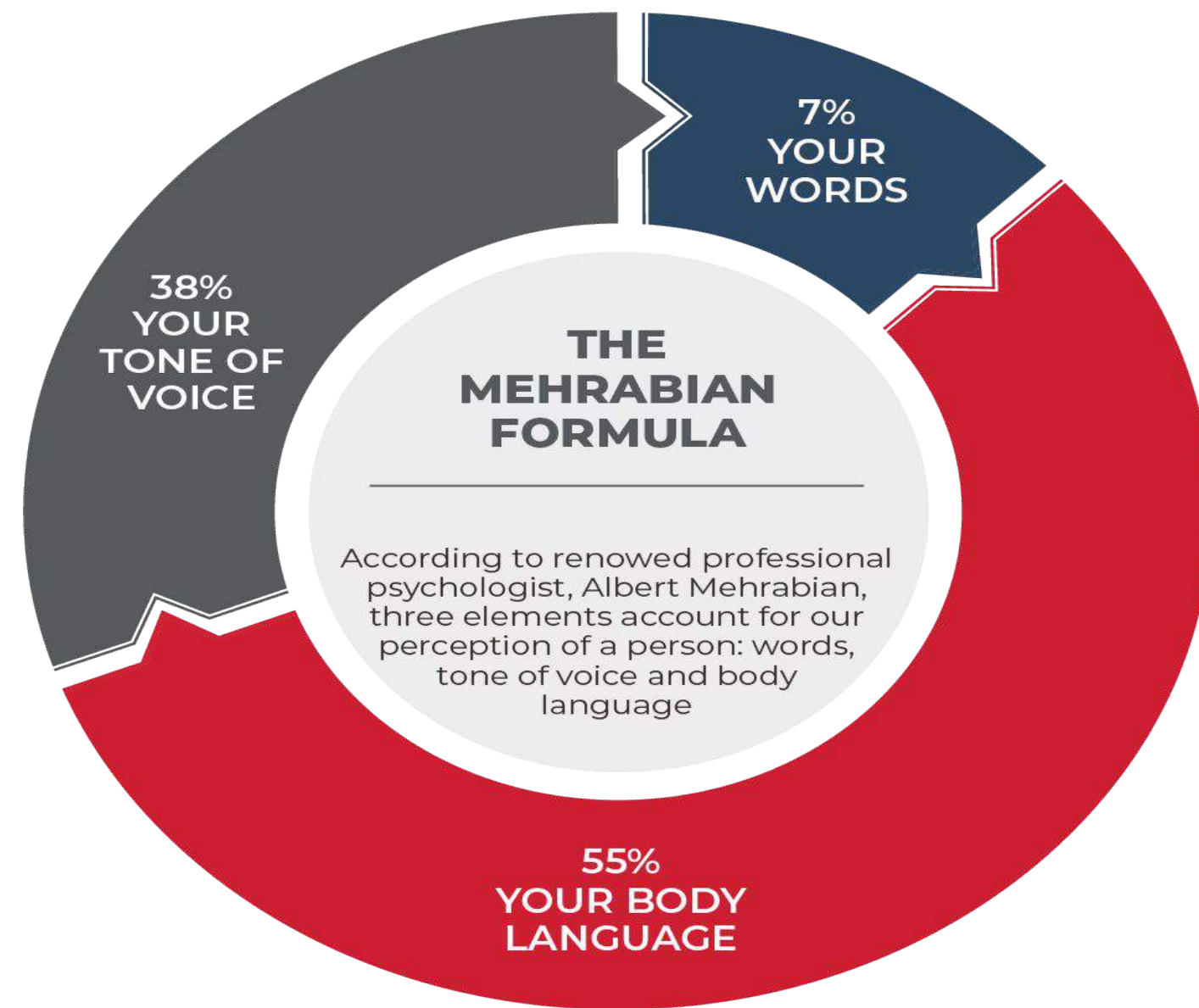


1. Simplicity is key
2. Use high-quality images
3. Choose appropriate fonts and colours
4. Utilise visual hierarchy



# Visual and Verbal Impact

Techniques for enhancing verbal communication



1. Vary your tone
2. Adjust pacing
3. Be clear and concise

# Overcoming Presentation Anxiety

## Strategies for Managing Nerves and Building Confidence

1. Practice, practice, practice
2. Visualise your success
3. Focus on your audience
4. Ongoing learning (training, Toastmasters, drama/improv groups)

Remember, the only person who can judge you is... YOU!



# Overcoming Presentation Anxiety

## Breathing Exercises and Mindset Shifts

Slow, deep breaths calm the nerves

Centre and energise yourself before stepping onto stage

What's your pre-presentation ritual?

- Breathwork
- Power pose
- Music
- Hydration
- Visualisation

Instead of viewing nervousness as a negative emotion, reframe it as excitement and energy





# Overcoming Presentation Anxiety

Breathing Exercises and Mindset Shifts

- **Feeling**
- **Excited**
- **And**
- **Ready**
- **False**
- **Evidence**
- **Appearing**
- **Real**



# Post-Presentation Care

Would you let this happen to  
your phone?



Don't let it happen to you!  
Take time to recharge  
your own battery.

# Q&A



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