

Presentation Tips: Opening

1. Break your pattern and surprise your audience.
2. Prepare your introduction with great care. It must be “down cold.” It can make or break your entire presentation. Also, you’ll be most nervous right at the start; taking away some of the uncertainty will help you focus on connecting with your audience, rather than on what you’ll say.
3. Get your audience - and yourself - in a peak state at the beginning. (Rap songs, skits, use your creativity.) Change your state by changing the way you move.
4. Break negative associations upfront so that people can hear you without filters.
5. Before beginning, take a 5 second pause and “receive the audience.” Then, make your opening statement to just one person.
6. Understand the difference between “being received” and “expressing yourself.”
7. Don’t preamble, parachute in. Think of how a movie begins.
8. Never exceed your time.