



Performing under Pressure

Sample Program Design





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Objective

It's the big presentation and all eyes are upon you as you drive home your winning point. Then suddenly the unexpected happens; you've drawn a complete blank, your technology stops working or an executive's interjections interrupt your flow.

By taking your best stuff and placing it into surprising scenarios we help you build the confidence and savvy to remain in the moment and masterfully handle whatever comes your way.

Pre-Assignments

Prepare Content to Practice during Workshop

Participants will be asked to read chapters from *It's Showtime: Richard Butterfield's Power of Persuasion* and prepare content as follows:

- | | |
|-----------|---|
| Structure | Read the chapter called <i>Structuring Your Presentation</i> . Consider the following elements for your presentation: <ul style="list-style-type: none">* Hook, Promise and Roadmap* Story Arc* A strong close that wraps up and returns to the Hook |
| Rehearsal | Read the chapter called <i>Rehearsal Techniques</i> . Prepare and rehearse one of the following elements of your presentation: <ul style="list-style-type: none">* Run through for Story Arc* Open and Close* Run through for Transitions* Problem Spots |



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Program

Performing under Pressure Workshop

For small groups, we allow plenty of time for each participant to practice and experience the rush of circumstances gone awry.

We can accommodate larger groups with additional coaches in breakout rooms, and/or a leader at each table to model the exercises.

8:00 – 9:15

Own the Message

No lights? Failed PowerPoint deck? Hecklers or interruptions? No problem! When you own the message, you can navigate anything that goes awry.

9:30 – 10:35

Rehearsal Techniques

How effective rehearsal techniques can keep you on track.

* Transitions

* Story Arc

11 - Noon

Vocal Warm-ups and Confidence Boosters

Afternoon

Improv Games

Pressure Cooker Simulations

Time for the drama! We'll throw some unexpected obstacles and practice quick recovery.