Give Your Best Presentation Performance... 

EVEN TIME!

Megan Taylor
National Weather Service Training Center

Session Time: 9:45 – 10:45 a.m.
Let me tell ya about me...
3 years a TV meteorologist

About Me
About Me

Bachelor’s
NWMSU
(Geo/Broadcasting)
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Bachelor’s
NWMSU
(Geo/Broadcasting)

Master’s
Mississippi St.
(Geo/Meteorology)

Bachelor’s
NWMSU
(Geo/Broadcasting)
About Me

Adjunct Instructor
Liberty Univ.

Research Associate
Univ. of Oklahoma
NWSTC

Master’s
Mississippi St.
(Geo/Meteorology)

Bachelor’s
NWMSU
(Geo/Broadcasting)
To improve instructor performance skills...
To improve instructor performance skills...

...in online and in person settings...
To improve instructor performance skills...

...in online and in person settings...

...in order to make positive impacts to the learning experience.
The Rundown...
The Voice
The Body
The Look
Practice
The Voice

Check, Check, 1, 2, 3...
Your voice includes...
Your voice includes...

- Louder
- Volume
- Lower
- Higher
- PACE
- Tone
- Quieter
- PAUSE
- BREATHE
- Pitch
- 2
- Lower
- 4
- Higher
Breathing

- Volume
- Tone
- Pitch
- Pauses
- Pace
Proper breathing:

1. Inhale through your nose.
2. Expand your diaphragm.
3. Exhale through your mouth.
To change your tone:

- Emphasize words
- Vary speed
- Use pauses
- Include facial expressions
- Use multiple speakers
- Use different speakers
Let’s Eat Grandma

To change your tone:

- Emphasize words
- Vary speed
- Use pauses
- Include facial expressions
- Use multiple speakers
- Use different speakers
The boy ran across the street. He came to a quick stop. There, he saw a huge monster glaring at him.
Pitch

High Pitch
More natural for women.

Low Pitch
More natural for men.
Mary had a little lamb,

Ma-ry had a lit-tle lamb,

Ma-ry had a lit-tle lamb,

Ma-ry had a lit-tle lamb, its

fleece was white as snow.
Pleasant sounds are at a middle volume with peaks into higher levels.
Pauses

- Gives learner a chance to absorb information
- Demonstrates confidence
- Breaks up a rapid pace
- Adds power or emphasis to a phrase or section of content
Your voice includes…

- **BREATHE**
- **PACE**
- **VOLUME**
  - Louder
  - Lower
- **TONE**
  - Higher
  - Quieter
- **PAUSE**
- **PITCH**
  - Higher
  - Lower
  - **2/4**
The Body

Failing by Flailing...
Bottom Line

• Are you sending out the right message?

• How does your body perform?
We move closer or farther away depending on our feelings towards something.
Power

Make ourselves larger or smaller to reflect how powerful we feel.
Big actions mean big negative/positive response. Little to no action, means less influence or response.
Body Language

Note:

Non-verbals – Be aware when you present and perform…

Face

Arms

Legs
Facial Expressions

- **Eyebrows**: emotion, expression
- **Eyes**: confidence, respect, intimacy, emotion
- **Mouth**: vocal tool, emotion, confidence
Facial Expressions
Facial Expressions
Partner Activity:
What facial animation do you employ?

Introduce yourself to your neighbors...
Glued Arms
Crossed Arms
Pocket Hands
Face Touch

Arms/Hands
Arms/Hands

Hand/Arms Dos:

- Use hands to point
- Gesture naturally
- Let arms fall organically
- Illustrate with motion
- Use “do not” poses in short intervals
Do

• Stand strong
• Feet shoulder width apart
• Walk to engage

Do not

- Sway or rock
- Constantly distribute weight
- Kick imaginary rocks
- Frequently bend at the knees
- Pace quickly
Professional Etiquette
can take you to the next level.
The Next Level

Dress

...professionally or in character when playing a role.

Design

...performance materials with polished grammar, colors, and images.
Dressing the Part

- Dress a level above your students for lectures.
Dressing the Part

- Dress a level above your students for lectures.
- Leave some things to the imagination…
• Dress a level above your students for lectures.

• Leave some things to the imagination…

• Jewelry should have limits.
Dressing the Part

- Dress a level above your students for lectures.
- Leave some things to the imagination…
- Jewelry should have limits.
- Dress your age.
• Dress a level above your students for lectures.

• Leave some things to the imagination…

• Jewelry should have limits

• Dress your age

• If playing a role for a video, dress as that role.
Design

- Proofread, proofread, peer review
- Coordinate colors/layout
- Develop a style
- Brand multiple presentations/seminars/courses
Practice, Practice, Practice

How else do you get to Carnegie Hall?
Practice Makes Perfect

- Record Yourself
- Peer Review
- Warm-Ups
- Toastmasters
- Watch YouTube
- Search for Resources

Practice Makes Perfect
Vocal Exercises and Warm-ups

Body Performance Tips

Performance References

Good Examples of...
Questions??