KNOW YOUR POWER: HOW TO FEEL CONFIDENT DURING YOUR NEXT PRESENTATION OR INTERVIEW

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LEARNING OBJECTIVES

- Students will be able to **create** strategies to feel more confident and comfortable when giving presentations.
- Students will be **prepared** to answer questions and remain poised during interviews.

YOU ARE NOT ALONE

- About 10% of people are terrified of public speaking
  - Studies show that people fear public speaking more than death
- About 80% of people get anxious and have trouble sleeping the night before they have to present or interview



(Morgan, 2011)

NONVERBAL COMMUNICATION

- A popular belief is that nonverbal communication is the majority of our communication
  - It affects how others see you
  - It affects how you see yourself
- The mind changes the body and the body changes the mind
  - Example: Chewing on a pen horizontally, makes you smile and naturally makes you happier

(Cuddy, 2012)

PREPARATION STRATEGIES

- Record yourself
  - Listen for words such as “um” or “like”
  - Make sure you are speaking at an even pace
- Film yourself or practice in front of a mirror or another person
  - Make sure you have good posture and that you are not fidgeting

POWER POSES

- High power poses:
- Low power poses:



FEELING POWERFUL

- Being aware of power dynamics is crucial while interviewing
  - It is more common for women to reduce their stance than men
  - Make sure to stay confident in an interview regardless
- Power poses:
  - Increase risk tolerance
  - Increase testosterone and decrease cortisol
  - Help to "fake it until we make it," but really fake it until we *become* it
- Do not power pose while presenting or interviewing

(Carney et. al., 2010)

THE PRESENTATION

- Stand in a supported position with your arms by your side or use them naturally
- Scan the room and make eye contact with your peers
  - Keeping eye contact can make the presentation seem more like a conversation
- Speak at a steady pace and make sure to breathe!
- Use visuals if you want some of the attention taken off of you



THE INTERVIEW

- Walk in, make eye contact, greet your interviewer(s), and give a firm handshake
- Make sure to sit upright in a comfortable and supported position
- If you tend to fidget try to keep your hands flat or hold them together on your lap
- Make sure to sit still with both feet on the ground if your chair is able to swivel.



(Cuddy et. al., 2015)

THE INTERVIEW (CONT.)

- Do not feel pressured to answer questions right away
  - Take a moment to breathe, restate the question in your answer, and then deliver your response.
  - Pauses feel a lot longer in your head than they do to the person interviewing you
- Make sure to have general answers prepared for commonly asked interview questions
- No matter how you feel the interview went, make sure to end it by shaking the interviewers hand with a smile



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