

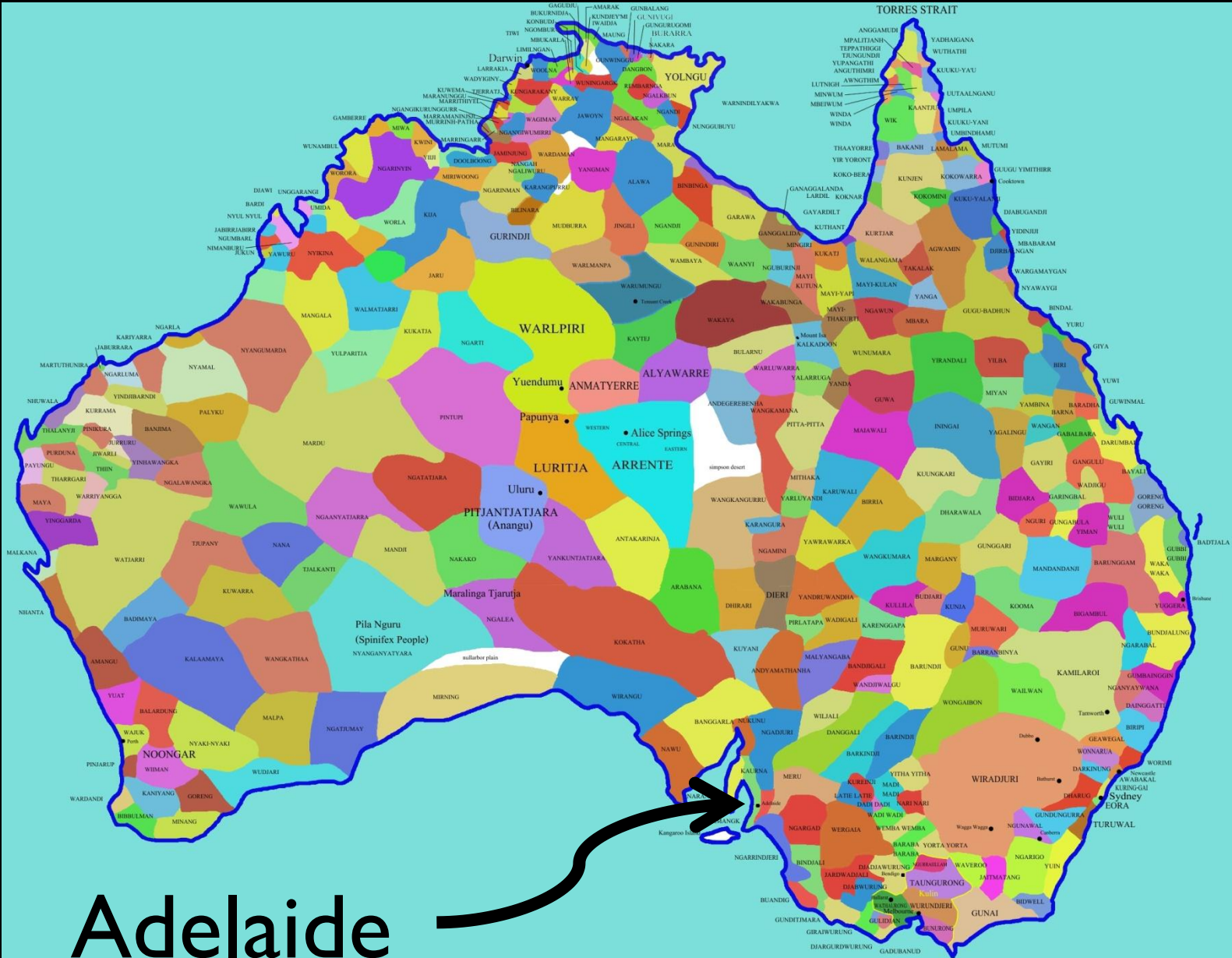
# Presenting Your Research with Confidence

Hugh Kearns

*Welcome. We're  
starting at 1:30pm.*

# Hugh Kearns





Adelaide  
Kaurna People





Flinders University • Lecture • Research  
• Self-management





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# **PRESENTING YOUR RESEARCH WITH CONFIDENCE**

The step-by-step guide to powerful presentations. **By Hugh Kearns**



# Ben Bulbin, County Sligo, Ireland



# Presenting Your Research with Confidence

Hugh Kearns

*Welcome. We're  
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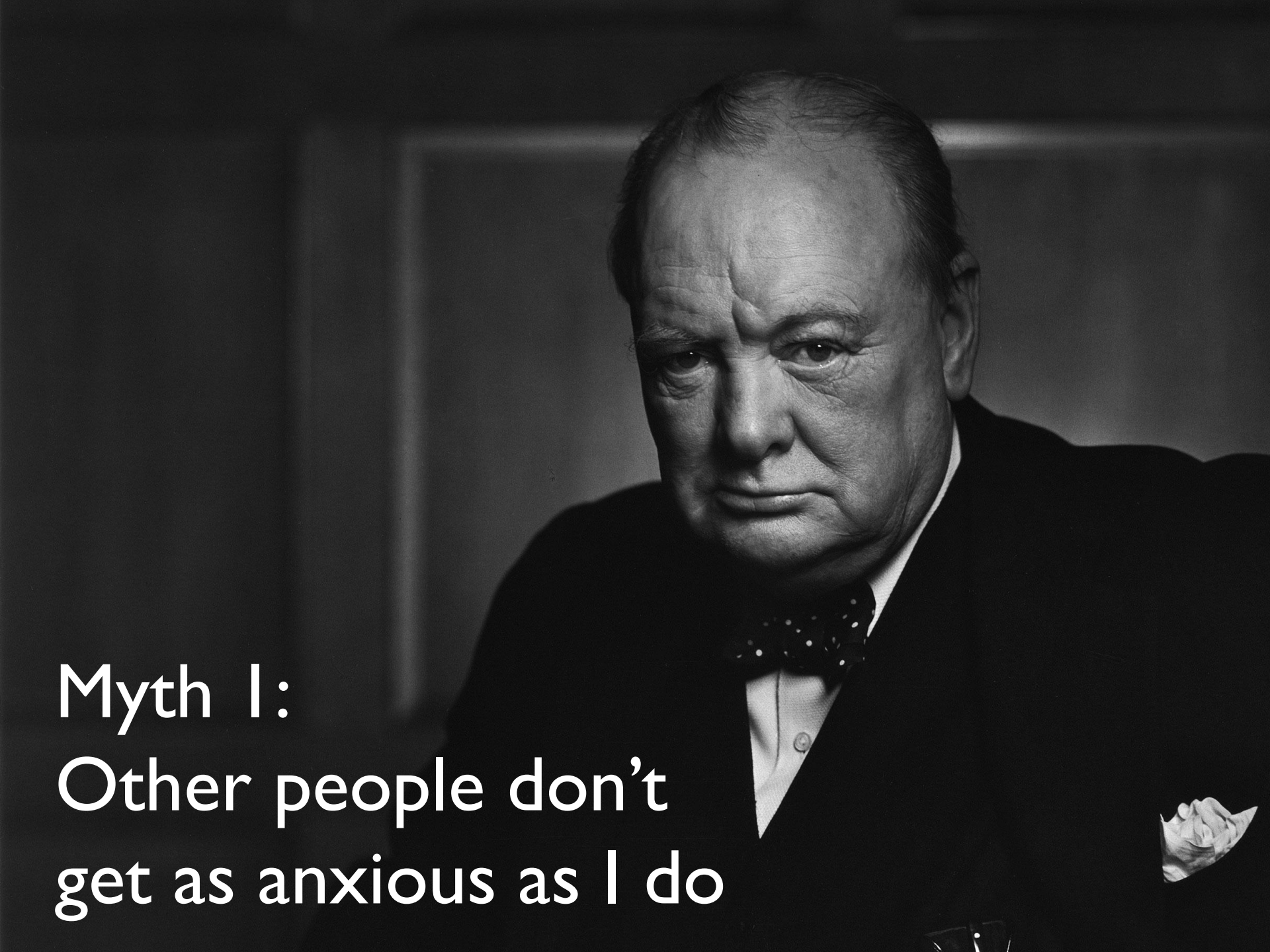
# Presenting Your Research with ~~Confidence~~ Anxiety

Hugh Kearns



# ANXIETY

Breakout

A black and white portrait of Winston Churchill, looking directly at the camera with a serious expression. He is wearing a dark suit, a white shirt, and a dark bow tie with white polka dots. A white pocket square is visible in his jacket. The background is dark and out of focus.

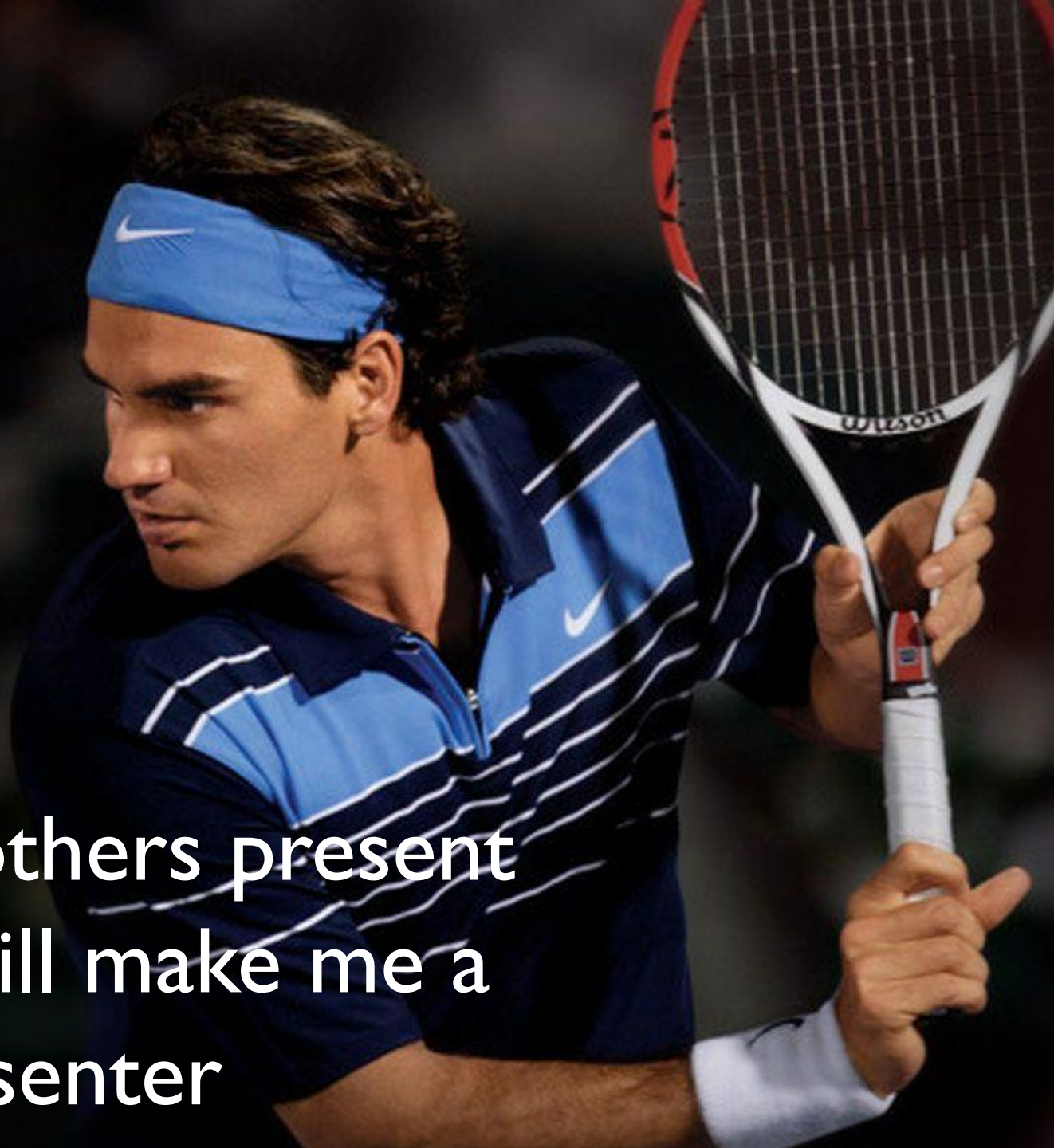
Myth 1:  
Other people don't  
get as anxious as I do

Myth 2:  
I'll wait till I don't  
feel anxious



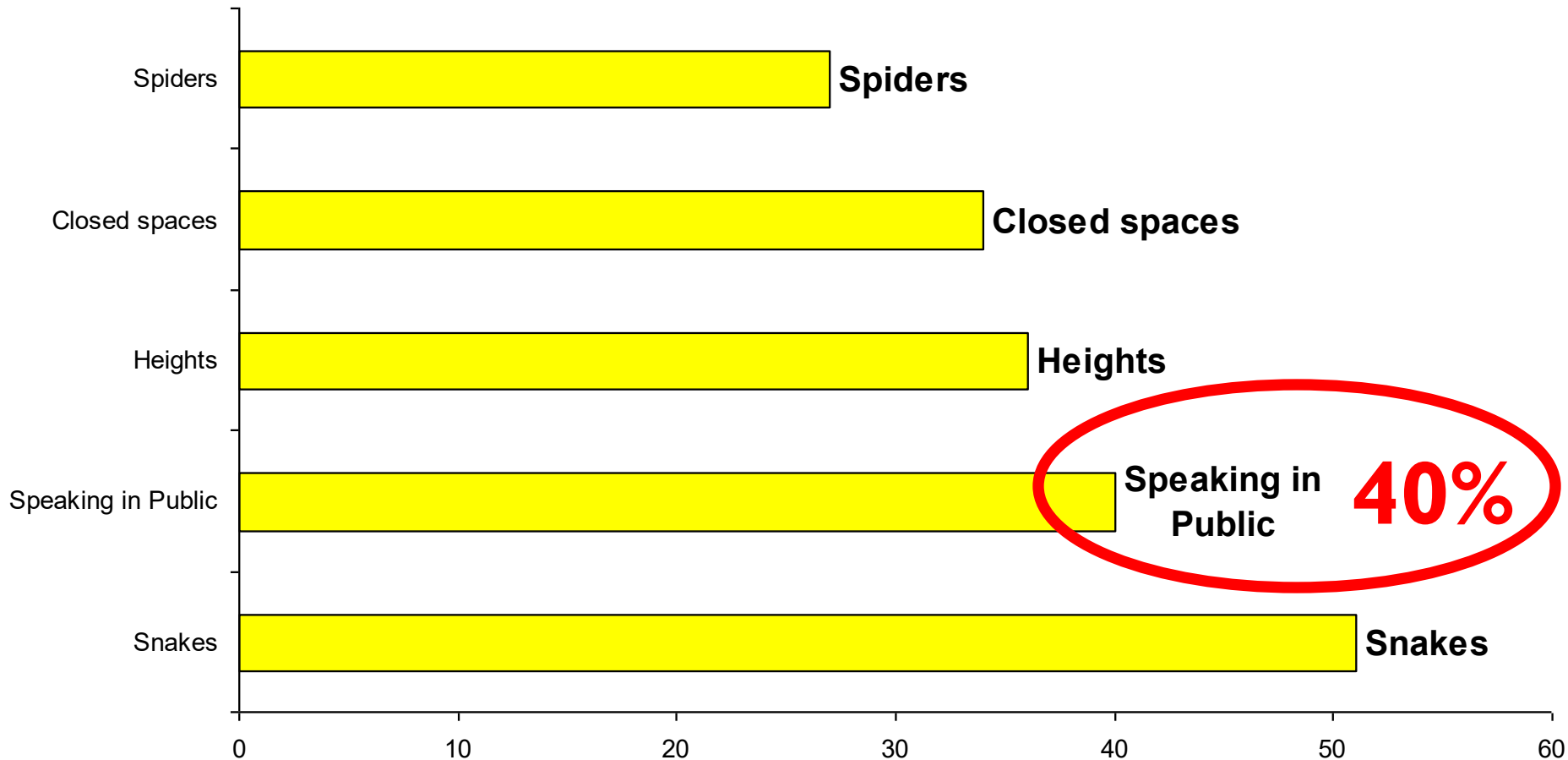


Myth 3:  
I'll watch others present  
and that will make me a  
better presenter



# Glossophobia

Top Fears %





# STREISAND

LIVE IN CONCERT 2006

How you  
think  
Visualise

It's normal


Prepare

Reframe

Breathe





A man with dark, spiky hair and a grey button-down shirt has a wide-eyed, anxious expression. Three pink thought bubbles are connected to his head by small circles. The bubbles contain the following text: 'I'll make some terrible mistake?' (top left), 'What if I can't answer the questions' (top right), and 'What if I forget everything?' (bottom left).

I'll make some terrible mistake?

What if I can't answer the questions

What if I forget everything?

# Automatic Negative Thoughts



## ANTs

Automatic Negative Thoughts

## MATHs

More Accurate Thoughts

What if I forget everything?

Possible but unlikely. I have my notes.

I'll be boring.

I have prepared well. If I stick to my plan it will be fine.

They'll ask tricky questions.

I've prepared for most questions. I don't have to know everything.

I'll go red, sweat, shake ...

Most people will never notice and no-one will remember.

???

???

# QUESTION TIME





# QUESTION TIME

Prepare for  
the obvious  
questions



Prepare for  
the tricky  
questions

# QUESTION TIME

Prepare for  
the tricky  
questions

Admit it

Buy time

See me after

Beyond scope

What do you think?

# Questions



# Questions

Can't understand?

- repeat
- get help
- see me later

# Powerpoint crimes

*Any you've committed?*

Ones you've seen?

Breakout

Six words across the screen  
lines

from

top

to

bottom

6 x 6

Slides: No more than

1 per  
minute



Use 2 -3 colours.

Use **a** consistent FONT.

Use **a** consistent SIZE

Use

*Animations*

*Sparingly*

# Gill Sans MT

Size 12

Size 18

Size 24

Size 36

Size 48

Images and pictures

# Balance

- Work-Life Balance
- It's not as easy as it seems





# Balance

- Work-Life Balance
- It's not as easy as it seems

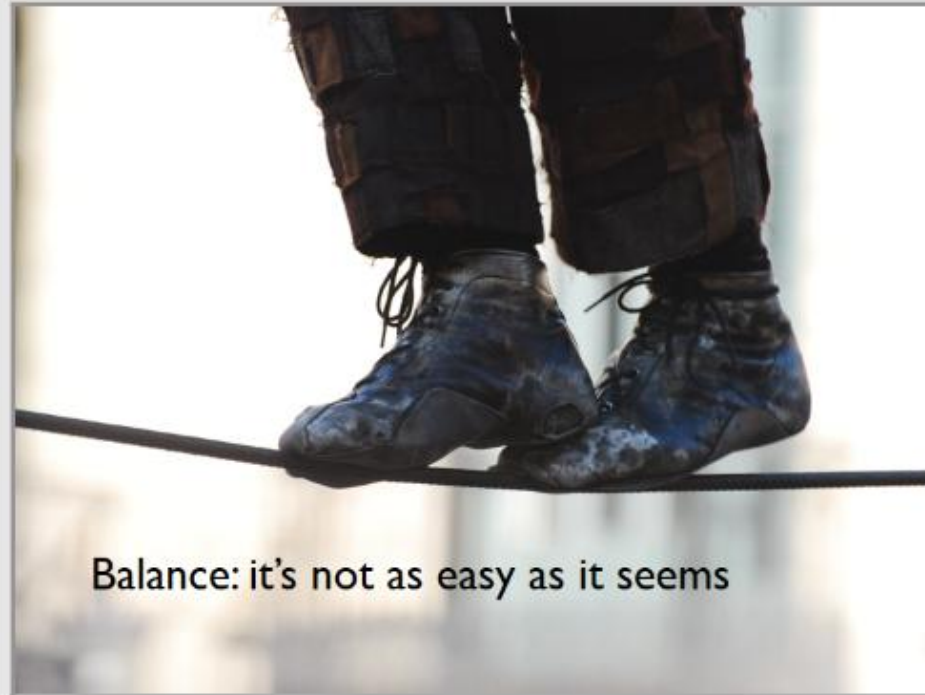




Balance: it's not as easy as it seems

# Balance

- Work-Life Balance
- It's not as easy as it seems



# Images

www.unsplash.com

## Unsplash

The internet's source for visuals.  
Powered by creators everywhere.

Supported by  SQUARESPACE

 Search photos and illustrations



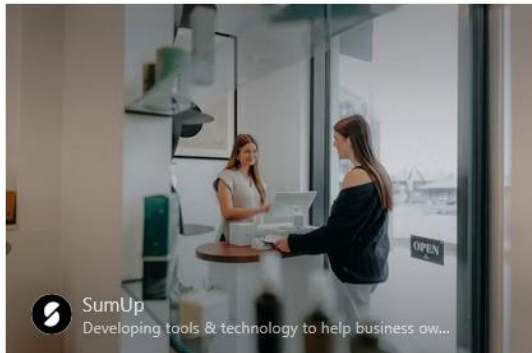
Apple Watch Mindfulness  
Breathe Crayons Blonde  
Gastronomy

 [See trending searches](#)



Summer Backgrounds

70 images





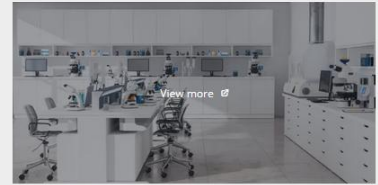
# Images

www.pixabay.com

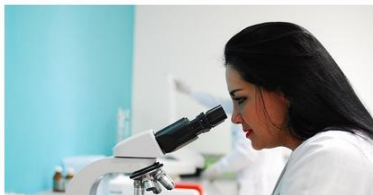
pixabay

laboratory

X Photos



Royalty-free photos



# Questions

# Most Useful





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