

NERVES TO POWER

Practical Tips to Present with Confidence

1. Focus on What You Control

Instead of worrying about being perfect, focus on being clear.

Before you start, ask yourself:

- What's the main message I want them to remember?
- What decision or action do I want from this conversation?

Senior leaders value clarity and confidence—not polished perfection.

2. Breathe to Stay Sharp

Use Box Breathing before you present:

- Breathe in for 4 counts
- Hold for 4 counts
- Breathe out for 4 counts
- Hold for 4 counts

This keeps your mind clear under pressure.

3. Move to Release Tension

Before you speak:

- Roll your shoulders back.
- Plant your feet firmly.
- Stand or sit up tall.

Strong posture leads to a strong voice.

NERVES TO POWER

Practical Tips to Present with Confidence

4. Reframe the Feeling

Nervousness and excitement feel the same.

Tell yourself:

- 'This is my body gearing up to perform — not panicking.'

Use the energy to stay sharp, not shrink.

5. Start Simple

Open with:

- Thanking the room
- Stating your purpose
- Speaking in short, confident sentences.

Settle your nerves by speaking, not overthinking.

Bottom Line:

Nerves are normal.

Preparation + Focus = Confidence.

Use the energy. Lead the room.

Interested in building your leadership communication skills? Or want a custom session for your team? **Book a strategy call with Bren & Chris.**



[Book](#)



[Visit](#)



[Email](#)