

Presentations

As an advocate, you will most likely need to give presentations to influence the decision makers and to build support for your solution. A good presentation can show the importance of having a healthy school environment and ultimately convince the decision maker to do what you are asking of them. In your presentation you can tell people what you are trying to do and urge them to join you. When you make a presentation, follow these presentation tips:

1. You will probably be nervous. Most people are nervous when they make presentations. Just be yourself.
2. Keep it short and simple. State your problem, a few facts and figures, and your solution.
3. Emphasize two to three points you want your listeners to remember.
4. Write your presentation and practice it until you feel comfortable. Practice in front of friends or family members.
5. Make your presentation interesting. Tell a personal story about why you want to eat healthier and be more physically active. Give shocking facts, or show an interesting chart or picture. For example, tell a short story about a family member who has had a heart attack.
6. Talk about how your solution will benefit the listener, not just how it will benefit you and your friends.
7. To really make a good impression, give your listener a fact sheet that bullets the major points of your presentation.
8. Leave time for questions and answers after your presentation. Be prepared to answer tough questions.