

Follow up notes and live links for Government Events from Lee Jackson.



Hi everyone,

Thanks for being such good delegates at my Presentation Skills session.

Hopefully I have given you lots of information to really get a handle on speaking/training/presenting even better, and I am sure that your notes will be helpful too. Please see below for some extra notes and a free ebook for you too...

(just click to read or right click and “save as”)

[Presentation skills Lee Jackson extra notes for follow up PDF](#)

[Lifes too short for dull presentations Lee Jackson Ebook](#)

In a nutshell...

Preparation:

Frame your talk – who’s there, what’s the core message, what do I want them to walk away with?

Plan with plain paper and post-its first!

Delivery:

Be yourself, get eye contact, tell great stories “be slightly larger than life” – 125%.

Video yourself next time to see yourself in action, we all hate it, but it is so useful!

Anxiety:

What’s your routine?

Take your bad thoughts captive and replace them with the good stuff.

Beforehand – rehearse bits and prepare the stage / venue / technical stuff.

Breathe deeply, sip water – remember whoever they are – they won’t kill you – they want you to do well!

Afterwards – ask yourself “Did I do my best?” NOT “Was it perfect”

Give each other feedback too when asked.

If you ever want another session sometime there will be much less talking from me – in my advanced sessions, we will often just record and watch and then feedback on each others longer presentations. Let us know if you’d like this. Always happy to help. And in the meantime – we are here to help – feel free to call us to run any ideas past us or for advice – my numbers are below.

Have you heard my podcast ‘Get Good At Presenting’ yet?

Available everywhere you listen to podcasts, more info here:
<https://leejackson.org/podcast>

My books 'PowerPoint Surgery' and 'Get Good At Presenting' are available everywhere more info in my shop [here](#):

Some videos of great speakers...

(please note there may be occasional bad language in these clips so don't worry too much about the content look at the delivery)...

https://www.ted.com/talks/ken_robinson_says_schools_kill_creativity?language=en
https://www.ted.com/talks/tony_robbins_asks_why_we_do_what_we_do?language=en
<https://www.youtube.com/watch?v=GjZVvpU5wKo>
<https://www.youtube.com/watch?v=lpvqfmEU2Ck>
<https://www.youtube.com/watch?v=rQ-M0KEFm9I>
<https://www.youtube.com/watch?v=lqq1roF4C8s>

And oops...

<https://www.youtube.com/watch?v=hAM3FjhdCk0>

Here's my take on Death-by-Powerpoint filmed at the Professional Speakers Conference (Part 1+2)...

<https://www.youtube.com/watch?v=EVBFpQuXZU>
<https://www.youtube.com/watch?v=zpYfrbKg4mg>

And lastly, here are a few fun interviews that I have done about Presentation Skills, the speaking industry and my work which you may find helpful...

<https://leejackson.org/forbes-books-radio-interview-presentation-coach-lee-jackson/>
<https://leejackson.org/how-to-get-good-at-presenting-a-candid-and-honest-podcast-with-presentation-coach-and-author-lee-jackson-c-o-be-your-best-in-business/>
<https://www.youtube.com/watch?v=nYx2FisrKc>

Plus more interviews added regularly [here](#), oh and Presentation Skills articles etc [here](#) too.

Enjoy.

Hope to see you again soon,



Lee Jackson FPSA

Motivational Speaker and Presentation Coach

Past President of The Professional Speaking Association in the UK + Ireland