



Speaker Tips for Sharing Balanced Living Presentations:

All **Lifestyle Matters** materials, including scripted PowerPoints, books, magazines, and wellness tracts are designed to help you present and share biblically-based wellness principles of physical, mental, and spiritual health with confidence and clarity. We are committed to providing balanced, current, cutting edge, scientifically sound, and attractively packaged tools for presenters and attendees. We avoid highly speculative and sensational topics and focus on sound, practical principles of health. You do not need to be a health specialist to share these materials. With that in mind:

If you are organizing a seminar, choose a presenter who:

1. Has experience being in front of a group.
2. Is comfortable using **PowerPoint** presentations.
3. Is able to speak clearly, slowly, cheerfully, and with enthusiasm.
4. Is willing to commit time to properly prepare and practice their presentations.
5. Understands balanced, compassionate health ministry and the gospel.
6. DOES NOT use this time to promote products (supplements or other cures) or condemn items (GMO's, additives, etc.)
7. Will avoid making statements that are sweeping generalizations or oversimplifications. Stay away from "internet controversies."
8. Focuses on positives and benefits of basic lifestyle improvements.
9. Note: A presenter who has a health or teaching background is optimal. Do not claim to be a health expert if you are not a licensed professional.

Tips for a successful presentation:

Prepare:

1. Read over the PowerPoint slides and script at least 3-4 times.
2. Do not add extraneous or needlessly complicated information to the presentation.
3. Practice. Practice. Practice. Do the PowerPoint OUT LOUD at least 3 times.
4. When you practice, stand up and use the remote slide advancer. If possible, practice at your presentation site.
5. Speak in a confident, compelling, encouraging voice.
6. SMILE! You are bearing a message of hope and restoration.
7. Time your presentation. Make sure you are within the period that you have been given and that you do not linger too long on a given slide.
8. If you are having trouble getting through the presentation in the allotted time, delete a slide or two.
9. Delete (or hide) any slide that you are not comfortable with, and remember we are here to help you. Contact us with your questions.
10. Pray for a winsome but compelling delivery.

Before the presentation:

1. Dress professionally. Modest, tasteful attire that does not draw undue attention.
2. Be hydrated. Drink water and have water with you to avoid a dry mouth.
3. Breathe!! Take deep breaths to stay calm.
4. Say and Pray: "Thank you God, for this opportunity to speak and share Your wonderful truths."

During the presentation:

1. SMILE and make eye contact with the people.
2. Don't apologize. Don't say, "I'm not a speaker...or I'm not a health educator...or I'm not prepared!" Just start your presentation. Don't apologize at the beginning or the end.
3. You can say: "We are here to learn together. I am so happy to be able to share these health and wellness features with you. They are designed to improve physical, mental, and spiritual health in a clear and practical way."
4. Stay focused and don't get distracted or flustered if you make a mistake...just keep going.
5. Stand anchored on both feet with erect posture.
6. Put your mouth close to the microphone if using a hand-held. Use your enthusiastic, confident voice.
7. Show your personal passion for what you are saying.
8. Use a remote slide-advancer to progress the slides.
9. Stay with the script (add comments judiciously).
10. Stay within your allotted time.

After the presentation:

1. Recall the positive aspects of your delivery.
2. Ask yourself, "How can I make the next delivery even better?"
3. Ask for feedback from those who you know will encourage you and share constructive tips.