



PRESENTING WITH IMPACT

From Control to Connection

A 4-step worksheet to help you present with more ease, confidence, and connection.

Do you sometimes:

- overload your presentation with too much information?
- memorize complete sentences?
- try to be perfect?

This practical worksheet helps you discover the belief behind your urge to stay in control and guides you toward presenting with more ease and connection.



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Step 1: Which statement resonates most with you?

Read the statements below. Don't overthink them. Simply notice which statement feels like:

"Yes... I wish I believed that more when I present."

✓ **Tick one or two statements that resonate most.**

- ☐ I am prepared, I am capable, I am ready.
- ☐ It is not about me so much but about my message.
- ☐ I speak with confidence, clarity, and ease.
- ☐ I focus on connection, not perfection.
- ☐ My message matters and my voice deserves to be heard.
- ☐ I am here to serve my audience, not to be judged.
- ☐ My words can inspire, inform and make a difference.
- ☐ I am here to share, not to impress.
- ☐ I embrace the moment and trust myself.

☐ **Or write your own statement:**





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STEP 2 Which limiting belief might be underneath?

The statement you chose often points to an limiting belief that may be holding you back.

For example:

"I focus on connection, not perfection."



"My presentation has to be perfect."



Now explore what might be underneath your own statement.

My chosen statement:

The belief that may be underneath:

How does this belief affect the way I present?



Need inspiration? If it's difficult to identify the belief underneath your statement, AI can help you explore possibilities.



Ask AI: I chose the statement: "[paste your statement]." Which limiting beliefs could be underneath this? Give me 10 short first-person beliefs. I want to discover which one resonates most.



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Once you become aware of the belief underneath, you have more freedom to choose a different response. That's where experimenting begins.

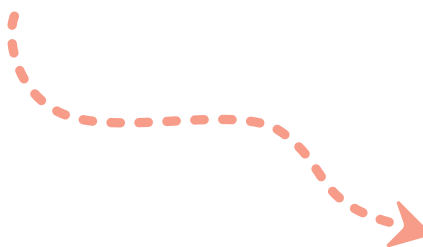
STEP 3 Choose one small experiment:

Don't try to change everything at once.

Choose one or two small experiments that appeal to you.

For example:

- ☐ Pause after an important message.
- ☐ Make eye contact before looking at the next slide.
- ☐ Speak from keywords instead of full sentences for one or two slides.
- ☐ Simplify two slides.
- ☐ Leave out unnecessary details.
- ☐ Focus on 1 person instead of the whole audience.
- ☐ Or write your own experiment:





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STEP 4 Reflect after your presentation

Take two minutes to reflect after your presentation.

What felt different?

Did I feel more connected to my audience?

- ☐ Yes
- ☐ A little
- ☐ Not yet

What surprised me?

What will I continue doing next time?

Remember

Progress comes from small experiments, not from being perfect.

Less control.
More connection.
More impact.

