

FOLLOW YOUR FEAR

A Guide to Improving Presentation Skills

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What About Bob...?

**WHO IS BOB MORAND? AND WHY
THE HECK IS HE TALKING TO ME
ABOUT PRESENTATION SKILLS?**

...And Why Presentation Skills?

- Actuaries enjoy increasing visibility in the corporate insurance world
- Actuaries move to C-level roles: CEO, CFO, COO, etc.
- Actuaries gain access to non-traditional roles

Webster's Says...

Fear (fir)

n.

1.

a. A feeling of agitation and anxiety caused by the presence or imminence of danger.

b. A state or condition marked by this feeling:
living in fear

Bob Says...

Follow Your Fear

Catch Up To It

Surpass It

Who Are You? Who, Who...Who, Who?

What type of presenter are you?

- Captain Monotone
- Ramblin' Wreck (or Señor Speed Read)
- Backside Berniece
- Mr. Okay
- Face-Down Freddy (see backside Berniece)
- Podium Hider

And Now, The Key...

Preparation + Performance = Presentation

Preparation

Know...

- The subject matter thoroughly
- The audience
- The number of people attending & size of room
- How to dress
- The technology to be used
- Your fellow panelists' material

Performance

- Identify and address weaknesses before the presentation
- Focus on process rather than product
- Be yourself...confident, cool and committed
- Generate energy: through yourself and through the audience
- Moderate a lively Q & A session, if appropriate

Suggestions For Improving Presentation Skills:

- Take an acting or improv class
- Join a book club
- Practice presentations with peers
- Attend speeches; take notes
- Self reflect
- Follow your **FEAR!**