

## Continuing your development

1. Read aloud into a voice recorder for a couple of minutes a few times a week. This will help you to develop vocal colour and control
2. Use friends and colleagues to run through ideas and content of any presentations
3. Be aware in meetings and during social occasions of how you use gesture and emphasis
4. Each time you present, focus on new delivery technique to improve.
5. Practise your breathing exercises in your daily life – in the car, at your desk, as you're walking down the street...
6. Read aloud to children
7. When you've given a presentation, write down three positive aspects about your experience and one area you want to improve next time.

**Get feedback from others and *listen to it*: if someone compliments you, believe it, AND WRITE IT DOWN. That's how self-confidence develops.**