

Fears

- Imposter syndrom
- Intimidated
- Public speaking fear
- Teaching people older or more experieced than you
 - Be aware of their egos and tread lightly

Conquering your fears

- Don't worry about what if, worry about what now
- Creating a character
- Getting people talking

Creating a character

- Confidence
- Backstory
- Not offensive
- Ego
 - Saying you're wrong about something
- Words to stay away from
- Check your own ego
- Always stay positive
- Be silly

Getting people talking

- Jokes
- Ask questions

Performace

- Dynamics
 - Volume
 - Pitch
 - Speed

Performance

- Show must go on
- When to apologize
- Credibility
 - Cite your sources

Performance

- Be mindful of triggers
 - Swearing
 - Blood and guts
 - People getting hurt
 - Fires

Performance

- You hold no authority
 - They want what's in your brain
 - You are a safety sherpa

Performance

- Stay ambiguous
 - Give them options to pick and guide them through the options
 - Give them opinions and facts
 - This will keep them thinking
- MTV's "Jersey Shore"
 - Why am I watching this effect
- Its ok to say things you don't agree with
 - Example:
 - Who thinks OSHA goes too far?
 - Who thinks OSHA doesn't go far enough?
 - Who thinks they got it just right?

Ways people learn

- Tactile
 - Do one part where I have practiced and tell them that to show how you can wing it
- Audio
- Visual
- Social
- Shame
- Rank how people learn
- Translate oddly worded questions
- There are no wrong answers
- Convincing people to open their mind use the hangover RPCS

Getting better

- Find any excuse to speak in front of a crowd
 - Practice at home
 - Finding the root of a problem
- Time management
- Bounce your ideas off people

Things to think about when writing

- Brainstorm approach
- Transitions
- Not using slides
- Using slides
- Tests
- Literacy difficulties
- Icebreakers
- SMART model
- Setting objectives

Multimedia

- Videos
- Sounds
- Smells
- Sights
- Touch