



**APOLITICAL**

# **Mastering Virtual Presentations & Public Speaking**

@Charmilla

# PREPARATION: LET'S START WITH YOU

## DEVELOPING YOUR MINDSET

Having a go at metacognition (thinking about one's own thinking) and having a clear purpose for why you are presenting can help you get over the "performance" side of things.

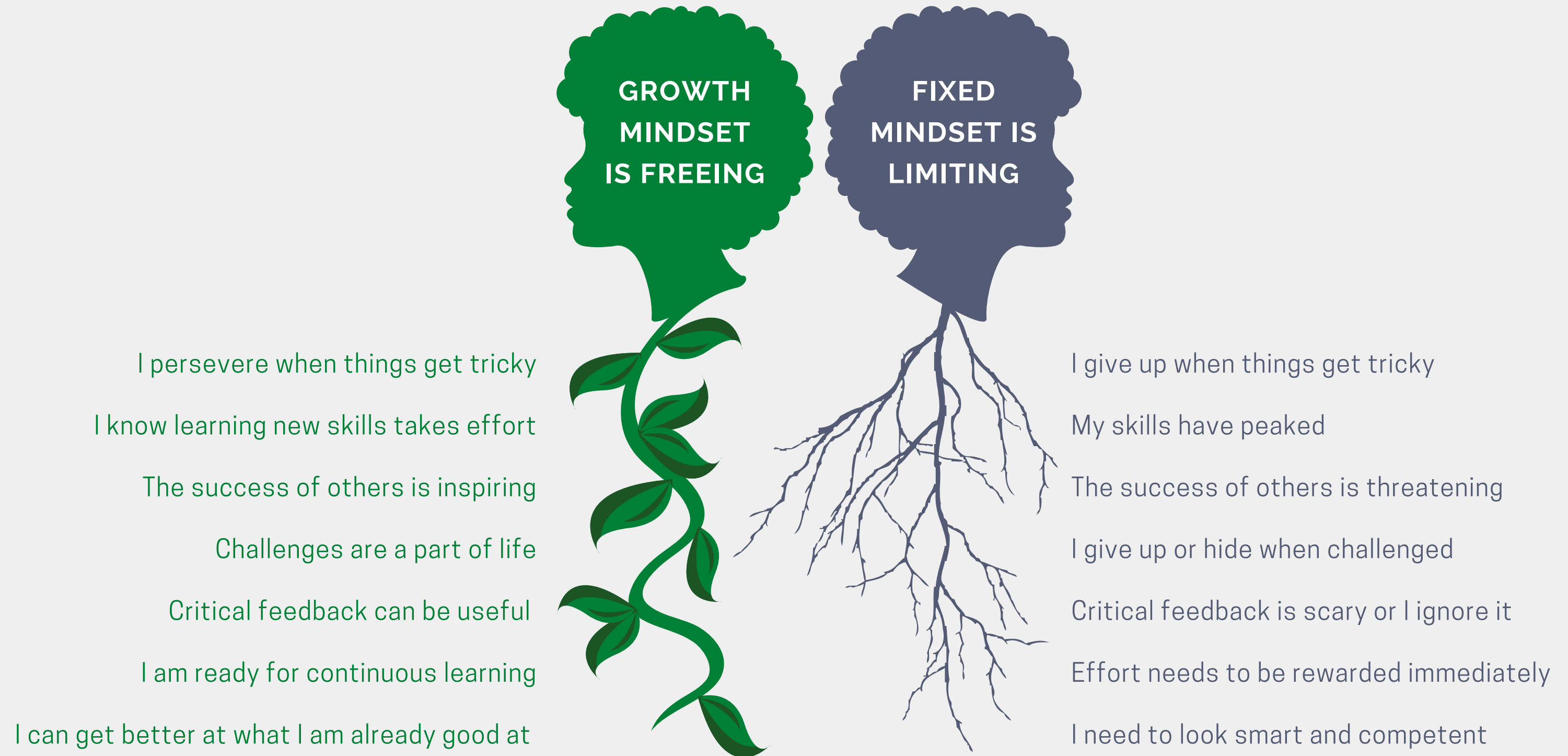
It can also help you think outside the box and get creative with fresh ideas.

CHANGE

YOUR

MINDSET

# WE ALL HAVE "FIXED" DAYS! BEING AWARE OF IT CAN HELP YOU MAKE TINY SHIFTS TOWARDS NEW WAYS OF THINKING



# MIND YOUR

# MINDSET

**Developing your mindset so that the focus of presenting is to share knowledge, develop an open communication culture and to learn from your own process can help you approach it with curiosity and openness.**

## Your Mindset in DEIB encourages you to:

*Approach challenges with **curiosity** and the **aim to understand vs judge***

*Look at **the interconnectedness of your context***

***Invite and expect questions**, they help us all develop our perspectives*

***Reflect on your role** as presenter and where you feel responsible for influencing the overall dynamic*





# **BELONGING AS AN OUTCOME OF INCLUSION**

WHEN WE ARE INCLUDED, WE  
FEEL BELONGING

Being inclusive means understanding  
how this feels when it is done right.

Let's take a closer look.



# INCLUSION

SYSTEMS AND NORMS THAT  
ENCOURAGE PARTICIPATION

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Diversity alone does not guarantee inclusion.



**culture**

# INCLUSION

SYSTEMS AND NORMS THAT  
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Inclusion is measured in cultural norms and behaviours at the systemic level.

What is already in place or needs updating to help make the experience inclusive?



# INCLUSION

SYSTEMS AND NORMS THAT  
ENCOURAGE PARTICIPATION

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Where decisions are made and resources are allocated using a participatory approach.



# INCLUSION

SYSTEMS AND NORMS THAT  
ENCOURAGE PARTICIPATION

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Sharing perspectives is expected and encouraged.

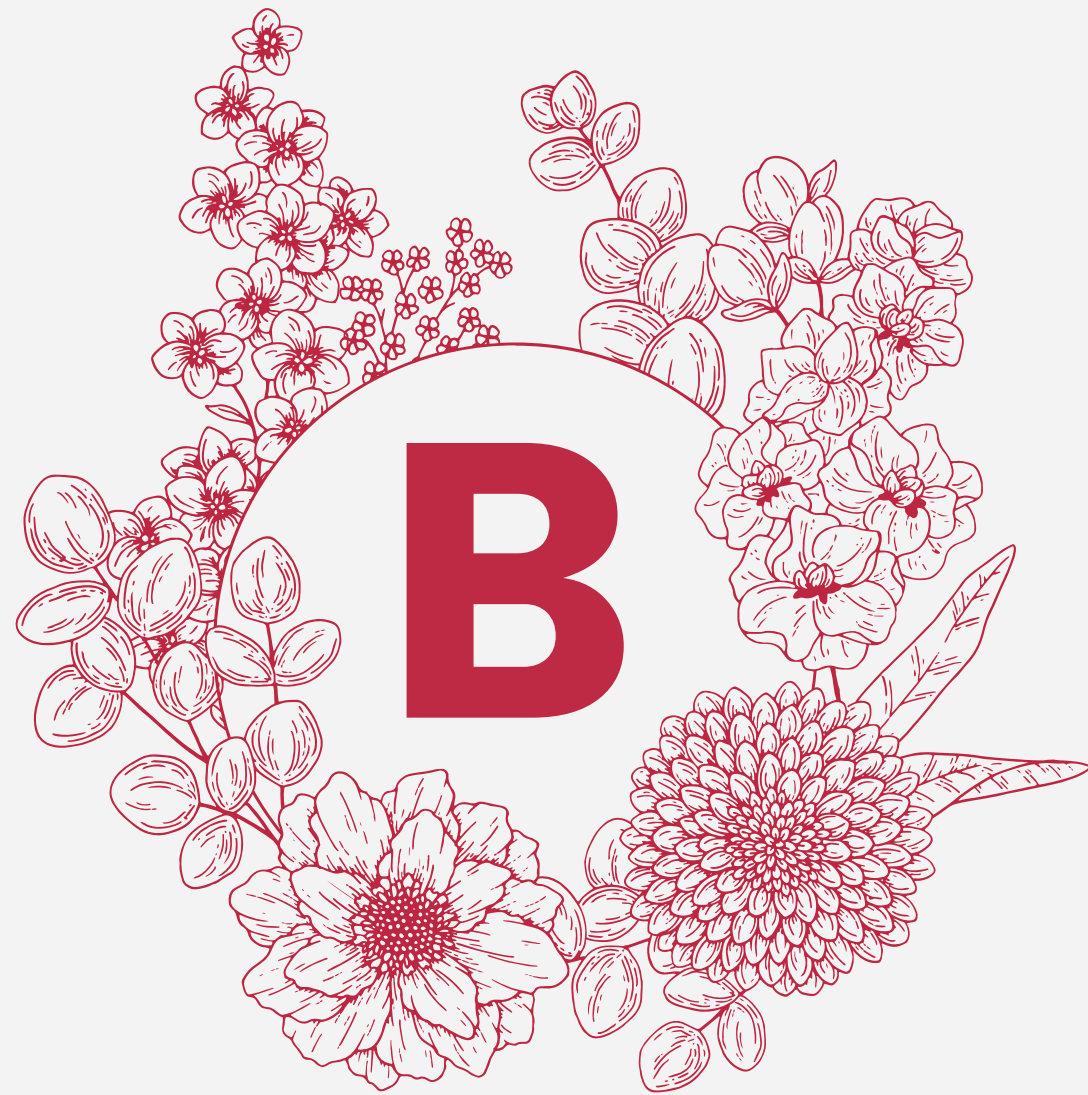
**Join us!**



# INCLUSION

SYSTEMS AND NORMS THAT  
ENCOURAGE PARTICIPATION

People have access to spaces, conversations, information and to those in power to share their perspectives and contribute to how culture or conversation is shaped.



# **BELONGING**

## **A CULTURE OF PSYCHOLOGICAL SAFETY**

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Online meetings, workshops, presentations and other formats for communication can give you clues about unspoken cultural rules and norms



# BELONGING

## A CULTURE OF PSYCHOLOGICAL SAFETY

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Belonging is the outcome of an ongoing effort to improve, reflect and make changes to your environment to make it more diverse, equitable and inclusive.

# BELONGING

## A CULTURE OF PSYCHOLOGICAL SAFETY

Measured by how people who are the most marginalised assess their experience of being valued, empowered, consulted and included in decisions that impact them.



## A close-up image of a pile of colorful, torn paper strips, each featuring a word in a different language meaning 'welcome'. The words include 'Velkommen', 'Benvenuto', 'Bienvenido', 'Welcome', 'Benvenuto', 'Selama', 'Accueil', 'elcome', and 'Wetkr'. The strips are in various colors like yellow, pink, blue, green, and orange, and are scattered in a chaotic manner.

# TOOLS & TECHNOLOGY TIPS!

## CANVA: PRESENTATION DESIGN



## SLIDO: INTERACTIVE POLLS AND ENGAGEMENT



## SESSIONLAB: A LIBRARY OF FACILITATION TECHNIQUES





**THANK YOU!**  
**DO KEEP IN TOUCH**

@CHARMILLA



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