FOCUS YOUR ENERGY

1. Divide into groups of three
2. Choose one person to present, and the other two to be judges. Each person will be a presenter and each person will be a judge when the exercise is completed.
3. The two judges are to be seated. The first presenter is to walk in (stand 5-10 steps away), introduce himself/herself, and practices using enthusiasm, confidence, and energy to introduce themselves using the following format

G (Greeting)

N (Name)

A (Affiliation)

P (Purpose)

For example, Hello, my name is Marcobi Johannsen from Mike Mark’s Fashion Clothing. I am here to present the new advertising campaign)

1. When each presenter completes the presentation, judges should comment on the presenter’s use of:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Presenter 1** | | **Presenter 2** | |
|  | **YES** | **NO** | **YES** | **NO** |
| **EYES** |  |  |  |  |
| Good eye contact with each judge? |  |  |  |  |
| **HANDS** |  |  |  |  |
| Firm handshake? |  |  |  |  |
| Kept hands visible? |  |  |  |  |
| Hands a distraction? |  |  |  |  |
| **BODY** |  |  |  |  |
| Good posture? |  |  |  |  |
| Body movements kept to a minimal? |  |  |  |  |
| Stopped walking before speaking? |  |  |  |  |
| **VOICE** |  |  |  |  |
| Enthusiastic? |  |  |  |  |
| Easily understood? |  |  |  |  |
| Used inappropriate grammar/slang? |  |  |  |  |
| Spoke too fast? |  |  |  |  |
| GNAP |  |  |  |  |
| Greeting? |  |  |  |  |
| Name? |  |  |  |  |
| Affiliation? |  |  |  |  |
| Purpose? |  |  |  |  |