



Medicare 101

Presentation Perfection: A Step-by-Step Practice Guide

Ready to master your presentation? Follow this structured exercise guide to build confidence, refine your delivery, and engage your audience like a pro.

Exercise #1: Read & Perform (10 Rounds)

Warm-Up: Get Comfortable with Your Script.

Objective: Familiarize yourself with your script and deliver it naturally.

Time: 15–20 minutes

- Read your script out loud 10 times.
- Don't just read—perform it with full energy and enthusiasm.
- Imagine you're an actor bringing the words to life.

Checkpoints:

- Are you speaking with confidence?
- Do you sound natural and engaging?
- Would you believe yourself if you were in the audience?

Repeat until you can deliver it without hesitation.

Exercise #2: Mirror Rehearsal (10 Rounds)

Step 1: Mirror Practice (10 Rounds)

Objective: Improve body language and expressions.

Time: 15–20 minutes

- Stand in front of a mirror and deliver your presentation.
- Watch your facial expressions, gestures, and posture.

Checkpoints:

- Do you look confident and natural?
- Are your gestures enhancing your words?
- Are you avoiding nervous habits (pacing, fidgeting, looking away)?

Adjust and refine after each round.

Exercise #3: Self-Recording & Playback

Step 2: Record & Review

Objective: Identify areas for improvement by seeing yourself as your audience does.

Time: 10 minutes per round

- Record yourself on your phone or Zoom delivering the presentation.
- Watch the playback and take notes.

Checkpoints:

- Did you speak too fast or too slow?
- Were there awkward pauses or filler words (um, uh, like)?
- Did your tone match the message?

Re-record and improve based on your observations.

Exercise #4: Present to Friends or Family

Step 3: Live Practice with an Audience

Objective: Simulate real audience interaction and get feedback.

Time: 20–30 minutes

- Gather a small audience (friends, family, or colleagues).
- Give them handouts (if applicable) to follow along.
- Deliver your full presentation.

Feedback to Request:

- Was the message clear?
- Did they feel engaged throughout?
- What would make it more impactful?

Adjust and refine based on feedback.

Exercise #5: Watch Your “Game Footage”

Step 4: Review & Improve After Every Live Presentation

Objective: Continuous improvement through self-evaluation.

Time: 15 minutes per review

- After each real presentation, watch your recording.
- Take notes on what worked and what needs improvement.

Checkpoints:

- Did you stay confident and composed?
- Were there moments where you lost engagement?
- What can you refine for next time?

Each time you review, aim to improve one key area.

Final Challenge: Present Without a Script!

Goal: Deliver your presentation fluently without relying on notes.

Time: Varies

- Set a timer for 10 minutes and practice delivering your presentation with zero prompts.
- Focus on flow, clarity, and engagement.
- If you get stuck, pause, reset, and continue.

Repeat daily until you can deliver it confidently from memory.

Your End Goal?

**Be So Prepared That You Feel
Natural & Unstoppable!**

Professionals don't wing it—they practice, refine, and dominate the stage.

Follow this guide, and when it's time to present, you'll step up with confidence, clarity, and authority.

Start now and track your progress!