

Hi everyone

The new financial year has already arrived (for my readers based outside of Australia, the new financial year began on 1 July). At this time of the year, it's good to look back on what has been achieved and to also plan for the year ahead.

During June, I had the pleasure of working with clients in a variety of areas - from coaching sessions to running workshops to being the Master of Ceremonies at a Business Leaders' Luncheon hosted by the [Western Sydney Business Connection](#). I was also able to conduct some interviews for my book on leadership. It was a busy month!

This month's article - Self-reflection following a presentation - highlights the importance of regularly evaluating ourselves as speakers, especially if we want to communicate our messages effectively.

I welcome your feedback on the article so feel free to leave a comment at the [end of the article](#) or on [Infinite Growth's Facebook page](#).

Thank you to those of you who contacted me last month with your feedback and comments of support. I appreciate it.

Have a great month!

Until next time  
Maria



PS: If you know of a person who you think would be a good candidate to interview for my book please let me know.

Thank you to those of you who have already provided me with referrals - I've been privileged to meet some amazing people!

#### About Infinite Growth

[Infinite Growth](#) delivers [workshops](#) and [coaching sessions](#) for individuals and teams in:

- [Presentation skills](#)
- [Business writing](#)
- Communicating effectively with [clients](#) and [colleagues](#)

Infinite Growth also offers [Communication Packages](#) and a [Self-Study Business Writing Program](#).

[Contact Maria](#) to book a complimentary session to discuss your business communication needs.

## Self-reflection following a presentation

I recently attended the [Biennale of Sydney](#) at Cockatoo Island which showcases contemporary visual arts.

The whole adventure of wandering around Cockatoo Island and interacting with some of the exhibits made me view the artwork from a different perspective – some assumptions that had been made on first glance were soon replaced with ‘aha’ moments.

Similarly, looking at our own presentations from differing perspectives can assist each of us to become better speakers.



A landscape painting at the Biennale of Sydney

## The importance of self-reflection following a presentation

After delivering a presentation it is easy to forget about it and move on to the next task. However to grow as a speaker it is important to reflect on what went well and what could be improved upon. This is an important practice whether you are presenting to a few people or a few hundred people.

## The review process

When reviewing your presentation, ask yourself these three questions:

1. What did you do well?
2. What could you improve upon?
3. What would you do differently next time?

When giving a presentation each speaker gives part of themselves and so there is often an emotional response to the presentation. For some, this can be an intense response; for others it can be a mild one.

This emotional response will have an impact on your perception of the success of the presentation. So it is important as part of the review process to be aware of the emotions that you may be feeling about the presentation.

If your experience was a good one then the euphoria (or relief) from the presentation will allow you to see it with a positive perspective. If your experience was less than desirable or even disastrous then it is easy to fall into negative self-talk mode diminishing your confidence for future presentations.

Give yourself time to review all aspects of your presentation free from any emotional connection to the presentation.

We are often our own worst critics so if you are not able to recognise anything positive about your presentation allow the emotional connection to pass before you begin the self-review.

## An additional question to consider

As part of the review process, also consider this additional question:

*If you were sitting in the audience, what impression would you have had of the presentation?*

By placing yourself in the audience you are able to see your presentation from a different perspective.

## What next?

Once you have completed your self-reflection it is important to then note your findings and use them when preparing your next presentation.

Self-reflection is one method that you can use to evaluate your presentation. It is an essential component of the evaluation process enabling you to work on specific areas that you would like to improve and to also build upon your current strengths as a speaker.

*Do you undertake a self-reflection process following a presentation?*  
[Share your experiences here.](#)

### Need a speaker, coach or facilitator?

If you would like assistance with your next presentation or would like to book Maria for your upcoming event please [contact the Infinite Growth office.](#)

Maria has a [range of topics](#) which she speaks on as well as a [variety of programs](#) that she provides for individuals and groups.

[Find out what clients are saying about Maria's presentations and programs.](#)

Contact Maria on **02 9687 7084** or reply to this email to discuss your requirements.

If you know someone who could benefit from this newsletter feel free to forward it to them.

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