

# TOP 50 PRESENTATION SKILLS UNVEILED

Conquer the fear of public speaking

## *Quick Guide*





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**Fear is not real. It is a  
product of our imagination.  
Danger is real, but fear  
is a *choice*.**

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Will Smith

You know that moment when the room quiets and all eyes turn to you? Your hands get clammy, your heart pounds like a drum, and your mouth goes dry. You're not alone. I remember the first time I ran a workshop - I felt like I was about to faint. And I was supposed to be the confident one!

According to the National Institute of Mental Health, 74% of people fear public speaking - that's 6% more than those who fear death. It's wild, isn't it? But the fear isn't about real danger. It's about emotional exposure. Let's unpack why confidence doesn't come before action - it comes from it.

## The top 50 presentation skills unveiled

Intentional speakers and communicators know what works and why. Following are 50 practical facilitation skills you can apply straight away to feel more confident, connected, and in control.







BODY LANGUAGE & MOVEMENT			
Skill	What you do	What It achieves	
1.  Step forward	Physically move closer	Draws in attention and focus	
2.  Lower yourself (physically)	Sit or lower posture	Builds trust	
3.  Stand tall	Maintain upright posture	Projects authority	
4.  Use the stage	Move with purpose	Conveys confidence	
5.  Stage anchoring	Move strategically	Directs attention and time	
6.  Use space wisely	Avoid clutter and stand freely	Boosts clarity	
7.  Maintain good posture	Avoid slouching	Reinforces presence	
FACIAL & NON-VERBAL CUES			
Skill	What you do	What It achieves	
8.  Smile genuinely	Show warm expression	Enhances likability	
9.  Maintain eye contact	Engage the audience	Builds rapport	
10.  Change facial expression	Match emotion to message	Adds authenticity	
11.  Nod occasionally	Acknowledge audience	Encourages engagement	
12.  Mirror audience	Reflect posture subtly	Creates connection	
13.  Gesture with open hands	Use inclusive, natural gestures	Appears honest	
VOICE & TONE CONTROL			
Skill	What you do	What It achieves	
14.  Lower your voice	Drop your tone slightly	Creates anticipation	
15.  Use purposeful silence	Pause meaningfully	Increases impact	
16.  Vary tone	Change pitch and emotion	Keeps interest high	
17.  Raise your voice slightly	Emphasise key points	Signals importance	
18.  Project your voice	Speak clearly and audibly	Ensures everyone hears	
19.  Own your pauses	Hold silence confidently	Shows control	

CLARITY & MESSAGE STRUCTURE			
Skill	What you do	What It achieves	
20.  Align intention with impact	Be clear why you're saying it	Makes message land as intended	
21.  Summarise regularly	Recap key points	Aids comprehension	
22.  Use contrast frames	Compare 'what is/could be'	Moves people & inspires change	
23.  Avoid filler words	Limit 'um', 'ah', 'like', etc.	Improves professionalism	
24.  Check understanding	Ask clarifying questions	Improves learning	
25.  Close with clarity	End with a clear takeaway	Creates lasting impression	
26.  Change speaking pace	Slow down or speed up	Re-engages attention	
AUDIENCE CONNECTION & INCLUSIVITY			
Skill	What you do	What It achieves	
27.  Address audience by name	Personalise your talk	Builds connection	
28.  Use inclusive language	Say 'we', 'together'	Fosters unity	
29.  Express gratitude	Thank your audience	Builds goodwill	
30.  Show vulnerability	Openly admit your mistakes	Invites others to drop the mask	
31.  Note shared experiences	Mention relatable topics	Increases trust	
32.  Respond to cues	Adjust to audience reactions	Shows awareness	
33.  Acknowledge shared values	Recognise collective beliefs	Builds emotional resonance	
STORYTELLING & EMOTIONAL IMPACT			
Skill	What you do	What It achieves	
34.  Tell personal stories	Share experiences	Enhances relatability	
35.  Use archetypes	Step into appropriate identities	Makes message unforgettable	
36.  Start with impact	Open strong with a hook	Captures attention	
37.  Ask rhetorical questions	Pose thought-provoking ideas	Promotes reflection	
38.  Use metaphors	Connect ideas to experiences	Improves understanding	
39.  Face audience fully	Square shoulders to group	Shows confidence	
ENGAGEMENT & INTERACTION			
Skill	What you do	What It achieves	
40.  Use humour appropriately	Include light-hearted moments	Increases engagement	
41.  Use props	Introduce relevant objects	Boosts interaction	
42.  Use call-to-action	Encourage next steps	Drives commitment	
43.  Time your jokes well	Pause for laughter	Shows confidence	
44.  Show enthusiasm	Bring genuine energy	Inspires your audience	
45.  Tilt head slightly	Soften expression	Builds empathy	
CONFIDENCE & AUTHORITY			
Skill	What you do	What It achieves	
46.  Deliver with certainty	Speak with conviction	Inspires trust and action	
47.  Use repetition	Repeat key points	Boosts retention	
48.  Align intention with impact	Be clear why you're saying it	Makes message land as intended	
49.  Use short, strong sentences	Avoid rambling—get to the point	Projects clarity and control	
50.  Show empathy	Acknowledge emotions	Creates deeper connection	

## Combining multiple skills for maximum impact

Public speaking isn't about ticking boxes - it's about creating moments. When you begin to combine presentation skills, something remarkable happens. You don't just speak: you lead, you move, you ignite transformation.

Let's break it down:

- ✓ When you  **Step forward (skill 1)**, you instantly draw your audience's attention. A simple movement creates focus and says: "What I'm about to say matters."
- ✓ When you  **Tilt your head slightly (skill 45)**, you soften your expression and show your human side. This subtle gesture increases empathy and signals connection.
- ✓ When you  **Change your pace (skill 26)** (slowing down or speeding up intentionally) you break the monotony & help the audience re-engage. You refresh focus & renew attention.
- ✓ When you  **Lower yourself physically (skill 2)** - by sitting, crouching slightly, or going on the same level as your audience - you build trust. It sends a message of humility, of coming down to meet others where they are.
- ✓ When you  **Lower your voice (skill 14)**, your tone invites people in. It creates anticipation, like a well-kept secret about to be revealed.
- ✓ And when you  **Own your pause (skill 19)** intentionally, you create a space so still, the room leans in. You command undivided attention - not by force, but through presence.

Try just one or two of the top 50 skills in your next presentation - maybe a purposeful pause or standing tall when you begin. See how it changes the energy in the room!



Want to learn more about how to *present* with confidence, intent and impact?

- Schedule a [coaching discovery session](#) with Martin Probst.
- Check out our [services to transition](#) from one-on-one coach to workshop facilitator.
- Book the workshop '[Presenting with Impact](#)' for your workplace.

## Notes

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## Contact us

1300 936 313

[info@profoundleadership.com.au](mailto:info@profoundleadership.com.au)

[profoundleadership.com.au](http://profoundleadership.com.au)

Connect with us on social media. @profoundlead

