



Present with Fun and Power!

© updated 2023 by Arabella Bengson, M.A., World Champion Speaker and World Class Speech Coach

1. What to prepare: A presentation that:

- addresses audience needs
- challenges the mind
- touches the heart
- tickles the funny bone
- involves the whole person



2. How to prepare

- Test, re-work and re-write your material
- Prepare psychologically, physically
- Practice, practice, practice

3. How to practice

- Before as many different audiences as possible
- Use the coaching process – the winning edge

Coaching works best when you:

- Use memorized, repeatable passages from a speech
- Ask for specific suggestions
- Acknowledge and try every idea your coach offers
- Mark your script showing pauses, rises, falls, speed-ups, draw stick figures, gestures, facial expressions, use cues to refer to handouts or audio/visual/props
- Incorporate suggestions which fit your presentation and personal style
- Record your practice sessions; listen to your final presentation again and again.



4. How to present: “The Final Polish”

- Have high expectations of the audience and yourself
- Visualize your audience’s needs and your ability to fully satisfy them
- Maintain physical and psychological readiness
- Act as a competent, creative and caring professional
- Delight yourself--by giving your very best

The TRIUMPH

Is NOT in the TROPHY –

It is in the STRIVING.

Knowing you have DONE

YOUR VERY BEST –That is **Winning Edge!**



Though English is not her native language, **Arabella Bengson** won the World Championship of Public Speaking—the only Canadian woman and one of a handful of women in the world to have done so. She coaches: students to CEOs, beginning speakers to professional presenters, financial planners to corporation directors and enthusiasts from all walks of life.

She has **Masters** degrees in **Speech** and **Psychology** and has taught at the Universities of Hawaii and Toronto. She uses brain-based strategies in all her speeches. **Her topics include:** “*Moving Makes Us Smarter; Take Charge of Change; Manage Midlife and Later Years; Brain Boosters for Fun and Practice; Design Your Destiny; Weave Magic with Stories; Dynamic Interpretive Reading; Games and Stimulations*” or one **tailored to your group needs.**

See her 7-minute winning speech at **www.arabellabengson.com**

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for info, samples of her speaking style, etc.