

Top 10 Sharing Tips

1. Share what you're comfortable sharing and what is appropriate.
2. Keep your audience in mind and connect with them. Eye contact is important.
3. Share your story; don't attack the audience with it.
4. Project confidence in what you have to say – this includes speaking loudly enough for everyone to hear you.
5. Stay aware of your own emotions about what you are sharing.
6. If answering a question makes you uncomfortable, don't.
7. Focus on those positively affected by your sharing, which will not be everyone.
8. Be mindful of your posture and appearance while presenting. Try not to fidget, move around too much, or do anything else that can be distracting to the audience.
9. Be concise and to the point when sharing your story.
10. Sharing sensitive and difficult personal experiences can be challenging. Be sure you are ready to share those experiences before you actually present them in front of an audience.