

Make the Most of Your Education Experiences with these Presentation Tips

American Heart Association



As health educators, you provide educational experiences that can be vital to the success of your community. We know this work can also be challenging, so the American Heart Association and Aramark aim to help make your workshops run as smoothly as possible.

[Sign up](#) to access a wealth of free Healthy for Life educator resources designed to promote better community health and make your life easier!

Read on for some best practices that will help you help others!

1. **Be on the move**

As you speak, walk around the room to engage your participants. Plant yourself in one spot for a bit, move, and plant yourself again. As participants speak, move toward them to show you're listening.

Be mindful of your stance, keeping feet shoulder-width apart, resting hands at your sides and gesturing when appropriate. You don't have to stand at the front of the room but make sure you don't turn your back on participants!

2. **The eyes have it**

Scan the room as you present, stopping to hold eye contact with individual participants for about three seconds. Maintain a pleasant expression to show your passion and interest and be sure to smile. Avoid looking down or over the group you're speaking to, and don't make any stern facial expressions.

3. **Variety speaks volumes**

Talk with conviction and enthusiasm! Throughout your presentation, use vocal variety. This can include changing volume, speed and tempo. Avoid filler words (like "um"), acronyms and filling every second with talking. Silence gives participants time to digest information.

4. **Can you relate?**

Share personal experiences, examples and analogies throughout your presentation to connect with participants. Use “we” language by including phrases like “When we cook with family and friends ...” When a participant shares with the group, use positive reinforcement and validate the person’s answers. A simple “I agree” can go a long way. Take time to ask whether anyone has questions, and check for understanding frequently.

5. **Expand attention spans**

Keep your participants engaged by asking them to read slides or instructions to the group. You can also call on participants to answer questions or share their personal experiences. After asking the audience a question, repeat it and call on someone by name to answer. O, you can ask broadly “Does anyone at table seven have a thought?”

6. **Watch the clock**

It’s important to start your event or presentation on time, even if there are only a few participants in the room. Keep your time milestones in mind and be sure to check the clock often. Help participants stay on track by giving time warnings during breaks and activities.

[Healthy for Life](#) is a collaboration between the American Heart Association and Aramark providing nutrition and other health resources to community facilitators. Visit the American Heart Association Booth #1 at the 2024 NEAFCS Annual Session to learn more!

