

Thinking on your Feet Communicating Under Pressure

“There are two types of speakers: those that are nervous and those that are liars”.
-Mark Twain

Things to Remember:

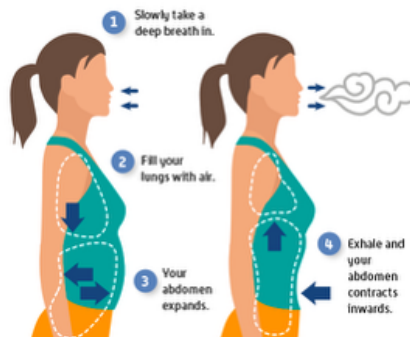
- ✓ Structured responses promote brevity; brevity signals expertise and confidence
- ✓ Structure reduces cognitive load and anxiety
- ✓ Practice will allow you to manage your physical responses to anxiety, and develop a structural motor memory
- ✓ Leverage Generative AI for Impromptu Practice
- ✓ Impromptu communication skills are learnable!

Framework for Answering a Question



Physical: Breathe, pause, re-state question

Abdominal Breathing



What

Direct answer or key finding

So What

Why it matters to this audience

Now What

Implications or next steps

