

Some Topics and Messages Delivered by: GetJacked! PowerSpeaking

How to Remain Calm when giving a Public Presentation! and How to Deliver a Dynamic Public Presentation!

- Most Entertainers, Public Speakers, and almost everyone still get nervous when public speaking. I can Help decrease your fears!
- Surveys reveal peoples' Number 1 Fear is ... not spiders, not snakes, not heights, but ... PUBLIC SPEAKING! Death is number 2
- Know your Audience! What do they hope to Gain? Focus on Delivering what Audience Wants! How can you give Value to the Audience?!
- Your Goal is Not to show the audience how smart you are. Your Goal is to HELP the Audience!
- Have Attention Grabbing Opening!
- Get Audience Involvement: Ask Rhetorical Question, ask them to Raise their Hand or Nod
- Practice
- Tell your Stories
- Expose your Vulnerability
- The Audience is Rooting for You! They hope to Gain something from your Presentation!
- Add a dash of Humor if you feel comfortable with it
- How Many People have you spoken to in your Life ... Thousands! You are speaking with just a few more!
- Who are the Most Important People in your Life ... Your Loved Ones ... Not the people in the audience!
- Your Drive to and from the Venue is when you are in Danger (car accidents hurt people). You will be in No Danger while giving a talk!
- You are not facing surgery, you will just be chatting with folks
- You don't have to be perfect ... just Be You.
- Smile
- Slow Down. Watch your Pace. Politicians giving speeches usually present at a slow pace. On average people speak twice the speed that others absorb.
- Speak a little Louder. This helps your Nerves and the audience hear better
- Repeat Important Message/s
- Do NOT Read from Notes. It's OK to have an Index Card with Key Words in large print to spark your memory of what to say
- Picture Mom Sitting in the Front Row, Smiling from ear to ear, Cheering you on!
- If possible, go to Venue Prior to Event. It is natural to be a little intimidated being in a new place.
- Video your speech ahead of time, tweak your speech, video it again, and repeat
- Practice!

- Don't try to Cram Too Much Info into your presentation. It's not the amount you Present ... It's the Amount and Impact the Audience Retains!
- Approach Audience or Lean Toward Audience to Stress a point or Drive Home an Important Point
- Be Early! Don't add to your nerves by running late.
- Dress Nice! Feel Confident that you Look Good!
- You Won't be Interrupted! I Love this about public speaking! So often when talking with folks I'm not done finishing a sentence and someone cuts in ... SO Frustrating!
- Limit number of PowerPoint slides and number of words on each slide! Don't read PowerPoint, audience wants to see your face ... not the back of your head!
- It's not about you; it's about Your Message! Have Confidence in Your Message! The Message is the Star ... you are just the messenger.
- Be enthusiastic! If you're not enthusiastic about your message, how can you expect the Audience to be enthusiastic about your message
- Deliver message with Emotion/Feeling
- Use Vocal Variety
- Don't use Industry Jargon and Acronyms
- Scan the Entire Audience
- Use Facial, Hands, and Body Movements
- Consider using a Loud Whisper
- The more you care the stronger you can be. Put heart into it. The more meaningful it is to you, the better your chances of getting your message across. The number 1 reason kids learn faster than adults is their fascination with the world, something new. Become fascinated with your topic ... then Share that Fascination with your audience!
- After you are done, what did the audience hear, see, and Most Importantly FEEL?!
- Have Fun!
- Most Important part of you Speech is the CLOSING/CONCLUSION. Leave Audience with Important and Memorable Ending!
- Oh, did I mention ... PRACTICE!!

Communication to Connect!

- Communication Skills ... is the Number 1 Skill that determines a person's SUCCESS ... Professionally ... and in LIFE!
- "To be Interesting, be Interested." Dale Carnegie
- Ask Questions! Let people tell their stories!
- One of the Favorite things People Love to Hear is ... their First Name! Use it in your conversations.
- Employer Surveys reveal the Number 1 skill employers look for in considering candidates to hire is ... COMMUNICATION SKILLS!
- The Number 1 Reason Employees leave their jobs is ... Lack of Employer Engagement! Pay is the number 2 reason.
- Talent is probably the most important factor in determining a Sports Team's Success. The next Top 4 Factors are related to Communication!
- The 3 Most Important Factors to being a Great Communicator: 1. LISTEN Carefully! 2. Empathy 3. Nonverbal Communication
- Don't interrupt
- Stay off your Phone!
- Heart-felt consideration with whom you are speaking with
- You're Not in Competition, Learn and Help
- Non-verbal Communication makes up way over 50% of Communication!
- Control that Wild Mind from Wandering!
- Lock Eyes ... and your Mind!
- Improve the World around you by Improving Yourself!

Networking for Success!

- Nourish and Cultivate New Relationships ... just be careful what kind of Fertilizer you use!
- Ask Questions
- How can you Help others first?
- See points listed in “Communication to Connect” area
- Life is more fulfilling to have pleasant relationships with lots of people
- Why do you Brush your Teeth? Because it’s good for you! Networking is Good For You!
- Most jobs come from Networking
- It’s OK to be nervous. “Afraid ... yet Brave!”
- Opportunity ... not Obligation!”
 - Opportunity to Make Acquaintances!
 - Opportunity to Learn!
 - Opportunity to Advance Professionally!
 - Opportunity to Enjoy Conversations!
 - Opportunity to Spread Your Message!
 - Opportunity to Make Friends!
 - Opportunity to Succeed!
 - Opportunity vs Obligation
 - Opportunities are ... Endless!

How to Land your Next Job!

- Most national experts state 80-85% of all jobs come from ... NETWORKING!
- It's not what you know, it's who you know ... and Who They Know! Get in Cahoots with the Right People!
- Identify Top 2 types of Jobs you are pursuing.
- Create or improve your LinkedIn Profile. Add nice photo and banner "Open to Work." Expand connections and be active on LinkedIn
- Ask people who should I talk to about this type of job
- If you went to College ask their Placement Office to Review your Resume and if they have other services
- If you went to College join and be active in Alumni Associations! There is a genuine Camaraderie with people that graduated from the same institution of higher learning.
- Create Business Cards with: your name, email, phone number, LinkedIn URL, and just a few bullet points of your background and what you are pursuing. Last bullet point "Any Leads will be Greatly Appreciated!"
- Be sure your Social Media does not contain controversial posts or info
- Have a few people review your Resume. Consider feedback, do not necessarily agree to all suggestions
- Always use a Cover Letter with an application unless specifically instructed no cover letter
- Craft your Elevator Speech, roughly 1 to 2 minutes. Video yourself, watch it, tweak it. Recite it to others and consider their thoughts.
- Consider using a Recruiter or Employment Agency
- Interviews: Have Confidence! What is the old-fashioned way employers marketed they are hiring ... HELP WANTED signs. The employer Needs Help! You are a free agent Able to Help!
- Always have a few questions to ask during an interview
- Be prepared for Behavioral Interview Questions: Employer will ask you what you would do in various high-pressure situations. Prepare for questions in advance.
- Ageism/Older Job Seekers: I have given numerous presentations to help combat this difficult issue
- References: Get your References Lined Up! I suggest getting around a dozen or more references! You'll never use them all but based on my personal experiences when I have been asked to be a reference I feel personally connected to that person's quest for securing employment. I am much more inclined to help.

Get Jacked!:

What you can expect from a Get Jacked! Presentation:

- The unexpected
- Stories with Lessons:
 - “Zipline”
 - “You’re Grounded”
 - “Speak of the Devil”
 - “How was Work Today?”
 - “Donna’s Lunch Dates”
 - “Acting Lessons”
- Presentation brought to you by Jack’s own personal AI ... Aged Intelligence
- Audience Involvement
- Every Presentation is customized to the specific audience and event
- Props
- Humor
- Proven Strategies
- Unique/Creative/Original ideas from Jack
- Animated Delivery
- Surprises
- Celebrate every Little Success in your Life!
- Resources
- Poem
- Don’t try ... DO: Do, Fail, Learn, Adjust, Repeat

Experiencing a Get Jacked presentation you may meet:

- The Wizard of Pause!
- Johnny HappySeed!
- Other Dynamic Characters

Slogans & Jack’s Quotes:

- “Afraid ... yet Brave!”
- “Opportunity ... Not Obligation!”
- “Lock Minds!”
- “Don’t be an iSore!”
- “Like ... Unlikable People”
- “Jack’s Facts”

Props you may see:

- Shot glass
- Wizard hat
- Magic wand
- T-shirt
- Hillbilly hat
- Whiskey bottle
- Surprises

Jack is retired. He does not need to return to work. He has learned some life lessons along his journey that he loves to share and help others!