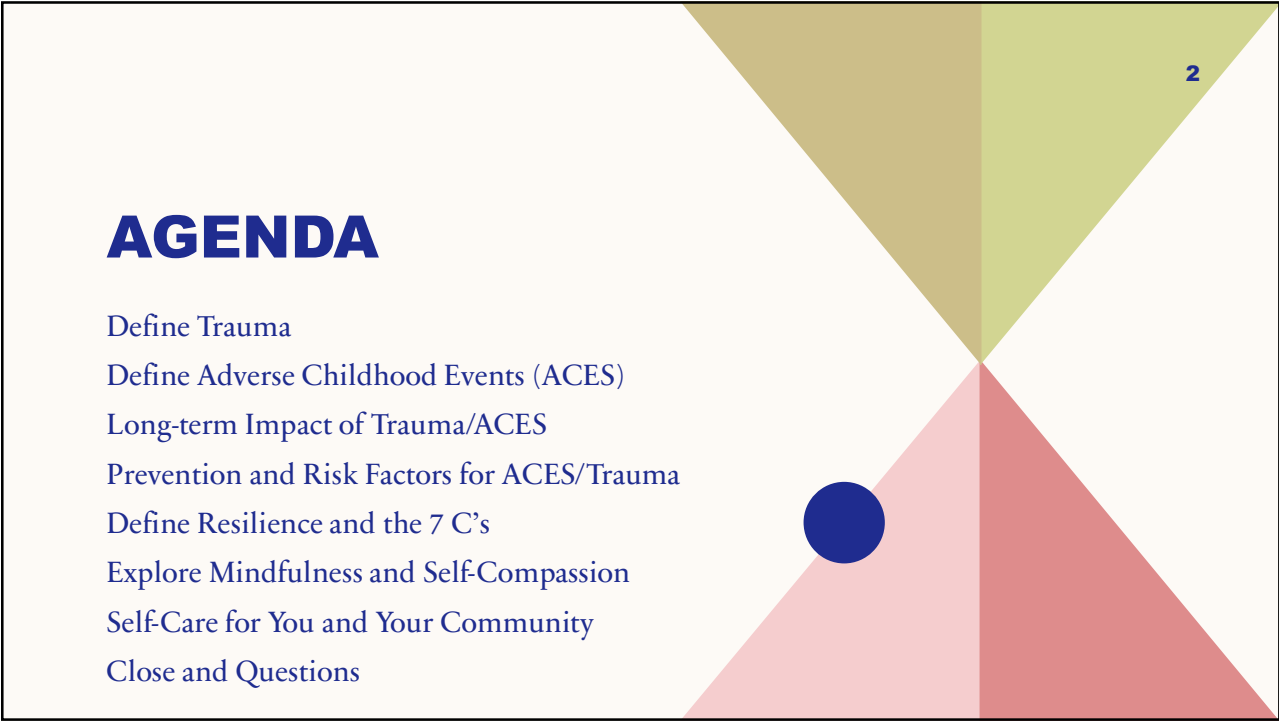
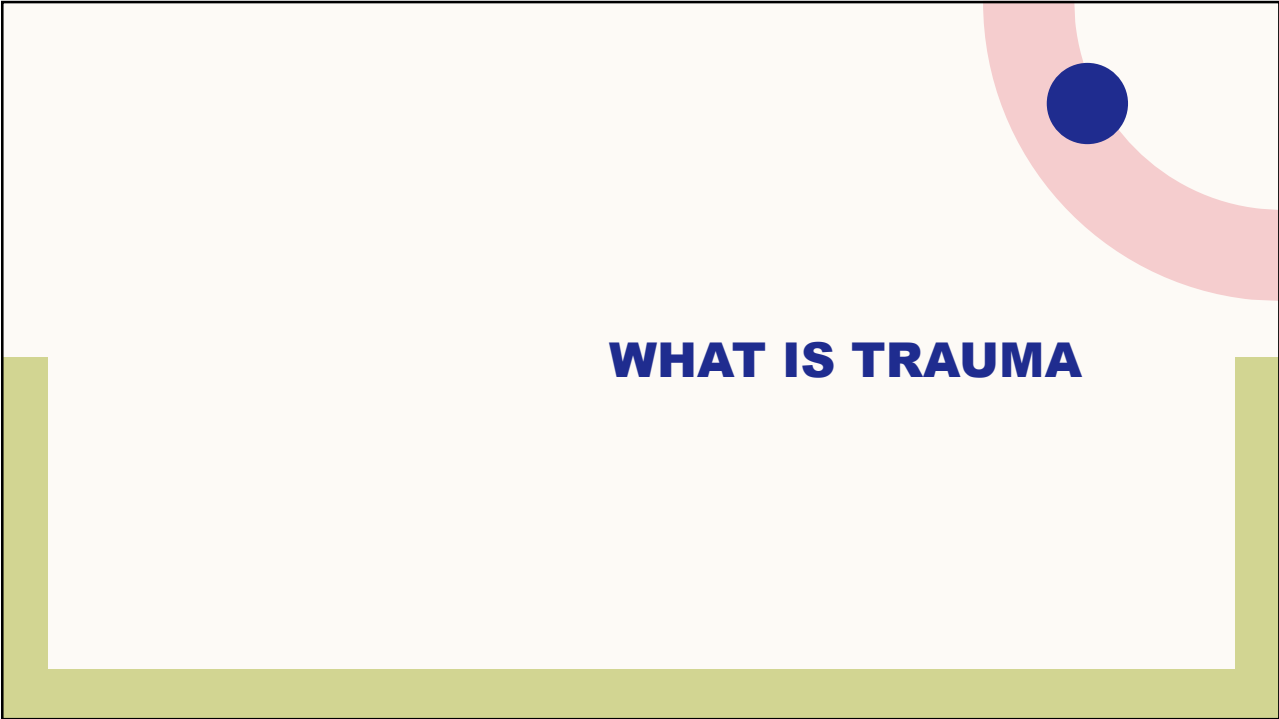


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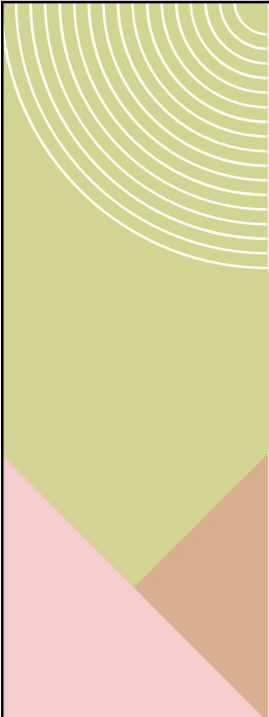
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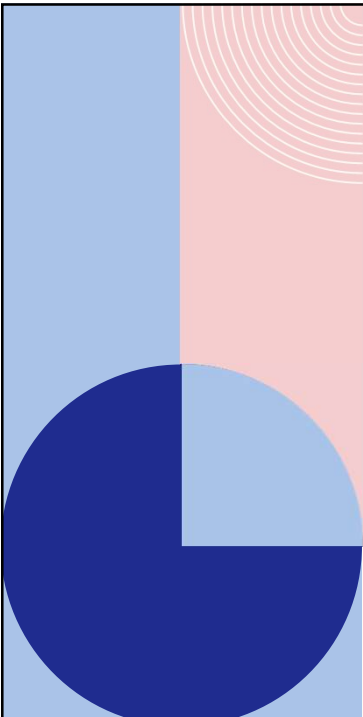


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## ADVERSE CHILDHOOD EVENTS

- Make eye contact with your audience to create a sense of intimacy and involvement
- Weave relatable stories into your presentation using narratives that make your message memorable and impactful
- Encourage questions and provide thoughtful responses to enhance audience participation
- Use live polls or surveys to gather audience opinions, promoting engagement and making sure the audience feel involved

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## LONG-TERM OUTCOMES

Enhancing your presentation

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## LONG-TERM OUTCOMES

This is a powerful tool in public speaking. It involves varying pitch, tone, and volume to convey emotion, emphasize points, and maintain interest.

- Pitch variation
- Tone inflection
- Volume control

Effective body language enhances your message, making it more impactful and memorable.

- Meaningful eye contact
- Purposeful gestures
- Maintain good posture
- Control your expressions

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## RISK FACTORS FOR ACES

1. Maintaining composure during the Q&A session is essential for projecting confidence and authority. Consider the following tips for staying composed:
  2. Stay calm
  3. Actively listen
  4. Pause and reflect
  5. Maintain eye contact

Know your material in advance  
Anticipate common questions  
Rehearse your responses



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# PREVENTION OF ACES & TRAUMA

Your ability to communicate effectively will leave a lasting impact on your audience

Effectively communicating involves not only delivering a message but also resonating with the experiences, values, and emotions of those listening



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# RESILIENCE

Learn to infuse energy into your delivery to leave a lasting impression

One of the goals of effective communication is to motivate your audience

Metric	Measurement	Target	Actual
Audience attendance	# of attendees	150	120
Engagement duration	Minutes	60	75
Q&A interaction	# of questions	10	15
Positive feedback	Percentage (%)	90	95
Rate of information retention	Percentage (%)	80	85

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## MINDFULNESS & SELF-COMPASSION

- Consistent rehearsal
  - Strengthen your familiarity
- Refine delivery style
  - Pacing, tone, and emphasis
- Timing and transitions
  - Aim for seamless, professional delivery
- Practice audience
  - Enlist colleagues to listen & provide feedback
- Seek feedback
- Reflect on performance
- Explore new techniques
- Set personal goals
- Iterate and adapt

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## SELF-CARE

Impact factor	Measurement	Target	Achieved
Audience interaction	Percentage (%)	85	88
Knowledge retention	Percentage (%)	75	80
Post-presentation surveys	Average rating	4.2	4.5
Referral rate	Percentage (%)	10	12
Collaboration opportunities	# of opportunities	8	10

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# SELF- CARE FOR THE COMMUNITY

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# THANK YOU

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