

Excuses, Excuses

Overcoming the reasons why we might not be at our best

CARMEN TARAN

Constant change, elevated audience expectations, technology acceleration, and the pressure to keep up have complicated the presentation design and delivery climate in the past few years. How often could you answer yes to the following statements?

- I feel constantly rushed and pressed for time.
- I have become more irritable or impatient over the past few years.
- There is more competition in my field than there used to be.
- I am less likely to be thrilled, amused, or shocked than I once was.
- I often feel over-burdened and under-rewarded.

Admitting to these personal patterns is not the problem; using them as excuses is, particularly when creating and delivering presentations. Excuses only serve as a way to justify limiting beliefs and can often prevent you from delivering outstanding presentations. When you use excuses, you place the blame of internal problems on external conditions. It's time to stop that and this session will help you do that.

In this session, you will learn how to fortify your emotional immune system by paying attention to your conscious and sometimes unconscious habits. You will learn practical techniques on how to attack the most commonly expressed excuses such as compressed time, communication.

