



Cultivating Your Garden Presentation Skills

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FLOWER POWER GARDEN HOUR



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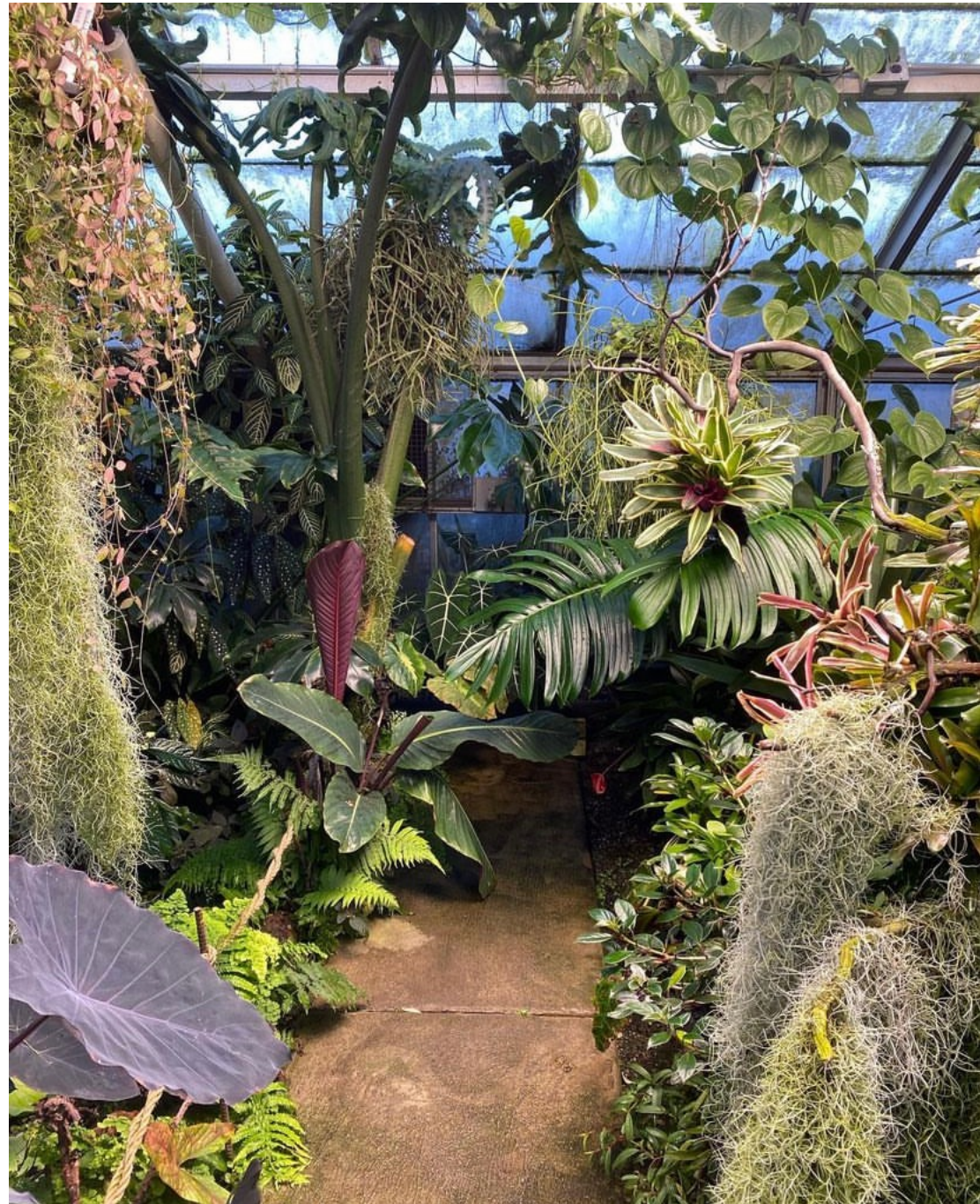














Public Speaking

FUN


Or

FEAR



What is the
Actual
Fear????????



A vibrant garden scene featuring a variety of plants. In the foreground, there's a dense patch of green leafy plants, possibly cucumbers, growing behind a rusty metal fence. To the left, a trellis structure is covered with climbing vines. In the center, a wooden trellis supports several bright yellow sunflowers. To the right, tall corn plants with developing ears are visible. The background shows more greenery and a white structure, possibly a greenhouse or shed, under a sky with soft, white clouds.

Techniques to Incorporate.... The Do's and Don'ts

Breathing exercises

Stand comfortably, relax your shoulders, breath in slowly through the nose and out the mouth for count of 4 each.



Know your
slides/know
your topic



Don't stare at
slides or
cards..just take
a quick peak

Exercise:

Read the subject matter on the card:

Talk about it in as much detail as you can in 1 minute to your group without thinking beforehand. Try not to use filler words

Project Voice Out to
Audience



Don't Speak to
Hands or Floor
or Mumble

Don't fidget,
hide behind
podium



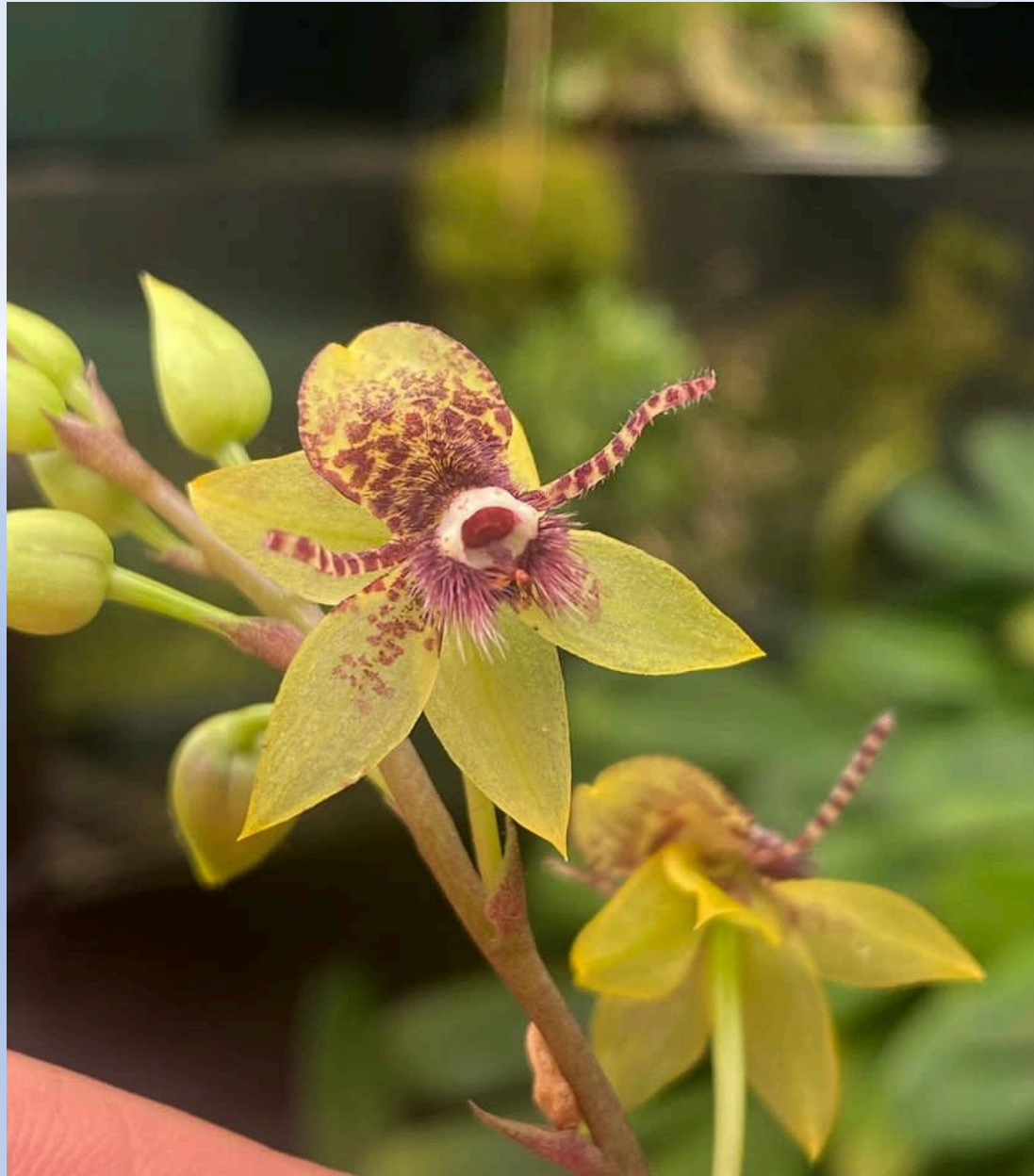
Be aware of
body position
and posture

Engage with
audience..
Utilize them



Don't look out over
their heads

Say something
about yourself



Don't brag or make it
about yourself

Use Self Deprecating
Humor to Relate to
Audience



Don't Distance Your
Experience from
Audience Too Much...
ie **Don't Be a Snob**

Exercise:

Add a joke/personal experience to relate to audience about subject matter:

How do I control snails in my garden?

Come with
High Energy



Don't be Eeyore

Let Your Nervousness Work For You

Take on a New
Persona if You
Have To



Don't Think
About Being
Nervous

I often tell myself ... It's Show Time!!

Do NOT BE AFRAID to
say you do not know..
Even experts don't
know all the answers



Do not make
something up or
struggle through
answer

Exercise:

Pick any item laying around. Talk about it enthusiastically for a minute. Use body language, voice and language to express how wonderful it is.

Exercise:

Speak on subject on card for 1 minute
using good posture/body language
and making eye contact



Practice, Practice, Practice

Watch other speakers

Record Yourself

Be Prepared