



Presents



Your Guide to:
The 5 Steps of Prep

Core Principle

Prepare with a **1% Mindset**

Much like the British Cycling team, try to improve every aspect of your presentation by 1%. This will lead to a drastic change in performance!



Step 1: Plan

Plan your presentation by thinking about the **End** (CTA), the **Start** (Hook) and the **Middle** (Key points).



Step 2: Practise

The golden rule of practise: **practise how you will perform**. Try to replicate the stage.



Step 4: Feedback

You are **too close to see your own flaws**. Feedback can help you see what you've missed.



Step 3: Record

Recording yourself will help you see your presentation from the **audience's perspective**.



Step 5: Perform

Before your presentation, handle the nerves by doing something that puts a **smile on your face**.

