



Spring 2024  
Workshop Schedule

## **COPING WITH PRESENTATION ANXIETY**

**February 8, 3:30-4:30pm (Main Library 106)**

**February 21, 3:30-4:30pm (Zoom)**

Roughly three out of every four people face some degree of anxiety when speaking in front of others. Tremors, butterflies in the stomach, and "blacking out" are common, but that does not make them any less uncomfortable. In this workshop, learn strategies and mindsets to help cope with these symptoms and more related to speech and presentation anxiety.

## **BUILDING YOUR ELEVATOR PITCH**

**March 6, 3:30-4:30pm (Main Library 106)**

Elevator pitches are a dime a dozen. Strong elevator pitches are not. Whether it's for an internship, job interview, or an academic conference, having a good elevator pitch can help you connect with others and get your foot in the door. Learn strategies for organizing and delivering a compelling case for you in this workshop.

## **BUILDING EFFECTIVE VISUAL AIDS**

**April 10, 3:30-4:30pm (Zoom)**

Well-designed presentations are about balance. The problem? Balance is a hard thing to find. How much text is too much? How do I decide on a color palette? How do I craft a coherent visual narrative? In this workshop, learn practical skills for creating a standout slide deck and more.

**View more information and register  
ahead of time on our website.**

[go.illinois.edu/speakingcenter](https://go.illinois.edu/speakingcenter)  
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