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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Presenting with a Partner

By Mike Faber

Presenting with a Partner by Mike Faber

There are times when you'll share "the stage" with a business or personal partner. Perhaps one of you has a better grasp of technical or other aspects of your subject. Perhaps you are quite good at facilitating questions from the audience, or recording input on a flip chart for later use. However you choose to share presenting duties, resist the temptation to "just wing it." While sometimes these situations are impromptu, even five minutes to prepare will aid both your presentation and the audience. Here are some steps to insure that all members of a presentation group get the chance to show their best work.

1. Pinpoint why you're sharing the presentation duties. This should include a brief summation of the specific talents and knowledge that each presenter adds to make for a better audience experience.
2. Agree on how much time you'll need for the entire presentation.
3. Specify who will be doing what, and the time allotted for each segment. This sounds simple but skipping this step can sink the whole ship! You will want to know who is responsible for the introduction of your topic, introduction of speakers, body of the presentation, Q&A, summary and wrap-up. If you have supporting data, slides or handouts assign a person to manage distribution of that information.

Record your task and segment assignments and keep them handy as a reference during the presentation. Make sure you have a back-up plan in case you need to make changes at the last minute. Years ago, I presented a leadership development class to a group of 20 professionals. The final video case study was a real tearjerker, a plant manager who poured his heart and soul into his work and his employees. He literally cried on camera as he spoke of his devotion to his work force. With a riveting introduction, I popped the videotape into the machine...and saw a blank screen! It turned out that last video segment had been deleted from the presentation! My back-up plan was not well prepared, and I ended up acting out the final video as though I were on stage. My audience was amused, though probably not impressed or educated! Since that "surprise", I've made a habit of double-checking my resources and material beforehand, and outlining for myself what I'll do in the event that things don't go according to plan. In the case of my missing video, I should have had a brief

summary of the video's key message handy, so that I could encourage group discussion to bring out the learning points.

Mike Faber is a professional coach, helping people improve their sales and public-speaking skills. Mike has 25 years of experience as a television and radio broadcaster, and spent the last 17 years in financial services sales. At the end of 2004, Mike left a large San Francisco-based investment firm, to start his own coaching practice.

Mommie Moments - Getting Your Partner to Help

By Heather J. Tait

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It is very easy for a Mom to take on a large part of the responsibilities of raising a child even when she has a loyal and dedicated partner. There are several things you manage, nursing, cleaning, laundry, cooking, and caring and playing with your little ones. Not to mention any other miscellaneous tasks that may come up. Between naps may be the only private time a mother receives during a busy day. Allowing your partner to assist and asking for their help can really help alleviate any exhaustion.

A common misconception is assuming your partner knows that you need help. Often as long as the tasks and responsibilities are taken care of, your partner assumes that everything is under control. They may even assume that you are not experiencing any form of exhaustion at all. The key here is to communicate with your partner some of your daily tasks. This allows them to get a better idea of what your typical day is like.

Allow your partner to be more involved with the caretaking of your little ones. While they are together try to minimize jumping in to fix the situation when challenges between the two arise. Allowing your partner to problem solve when situations occur only increases your partner's confidence in handling matters. It also allows them to strengthen their already loving bond with their child.

If you need help doing housework or any other chores, don't be afraid to ask your partner for help. Make your needs known to your partner so that there is no miscommunication. You just may discover that your partner will actually appreciate being asked to be more involved with daily activities.

Being open about your needs prevents resentments from occurring and alleviates tension for both parties. Remember that your partner doesn't know your thoughts unless you express them.

Artist and Inspirational Writer Heather J. Tait began her career as a professional artist back in 1997 in Morgan Hill, CA. Her work and articles are displayed internationally. She is also the founder of Silence Speaks International Artist Association and the Editor of Intrigue Magazine. She has also been inducted into the 2004–2005 Who's Who Among American Women. Email: contact@silencespeaks.com Silence Speaks <http://www.silencespeaks.com>



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