KEYNOTE PRESENTATION

We’ve all experienced it: The higher the stakes, the higher the adrenaline. Just when we need to perform at our best, our internal chemistry can threaten to derail our efforts. The good news is that this is a solvable problem.

Whether you are taking the stage for a formal presentation, pitching an idea to senior leaders, meeting with business prospects, or simply networking at an industry event, this seminar will cover practical strategies for coming across at your best when it counts.

With more than 1,500 stage presentations under her belt, author and keynote speaker Cara Hale Alter has firsthand experience with managing nervousness. She addresses the topic with warmth and humor, and along the way, she offers tangible, real-world solutions for bringing adrenaline under control.

DISCOVER HOW TO

• Avoid the common “tells” of nervousness
• Reduce adrenaline levels in minutes with four physical behaviors
• Control your mindset so that fear doesn’t get the best of you
• Break the cycle of nervousness-feeding-nervousness
• “Train for the conditions” to ensure future success

BIO FOR CARA HALE ALTER

As founder and president of SpeechSkills, Cara has provided training to some of the world’s best-known companies, including Allstate, Caterpillar, Google, Intel, PayPal, Pixar, Pinterest, Salesforce, Schwab and Wells Fargo. A guest lecturer at UC Berkeley, Harvard University, Stanford University, and UC Hastings College of Law, Cara has also worked with numerous top-100 law firms, including DLA Piper, Morgan Lewis, O’Melveny & Myers, and White & Case. She is a frequent media resource, with appearances in Forbes.com, The Globe and Mail, USA Today, and countless other media outlets. In addition to penning The Credibility Code: How to Project Confidence and Competence When It Matters Most, Cara has produced award-winning educational videos on public speaking and managing nervousness.