



OLLSCOIL NA GAILLIMHÉ
UNIVERSITY OF GALWAY

CT 3112 - PROFESSIONAL SKILLS - COMMUNICATION SKILLS

Effective presentation skills - Bringing it together

Dr Natalia Resende

Presentation Structure

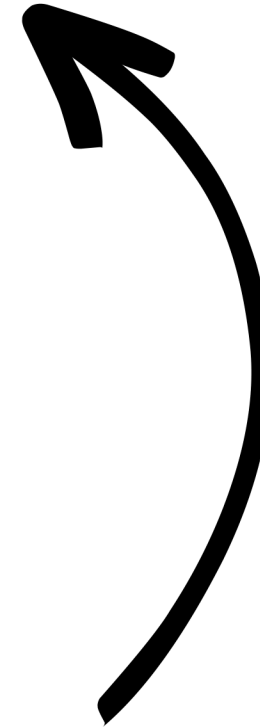
Beginning	Introduce yourself
	Purpose
	Objectives
	Why it is important
The middle	Topic
	Data
	Analysis
The end	Summary
	Conclusions
	Questions/Answers
	Thanks
	Acknowledgements

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Beginning

- Strong opening statement/questions/humour/use storytelling/visuals
- Preview of the main points
- Importance of the topic
- Acknowledgements

The end

- Recommendations & useful resources

Ask yourself:

- Are the topics/content correctly and clearly written?
- How is quality of the images/visual elements?
- Does the presentation meet the objectives?
- Is it logically structured?
- have I targeted the material at the right level for my audience?
- Is the presentation too long or too short?

Example timelines

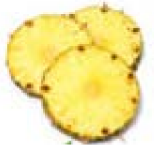
5 minutes – Beginning/Introduction

20 minutes – Middle/Main Content

5 minutes – End/Conclusion

5 minutes - Questions

5 minutes - Recommendations/resources



Welcome

Detoxing – A way of life
with
Dr Enda Barrett



My Background

- National University of Ireland, Galway
- Lecturer in Information Technology
- Machine Learning, Utility Computing
- Trying to practice Healthy Eating!!!

Purpose

The purpose of today's session is:

To provide you with a brief overview of **WHAT** detoxing is. **WHY** it is important to detox. The **BENEFITS** of detoxing and finally, to provide you with some ground rules to help introduce detoxing into your own lives.



Objectives

At the end of today's session you will:

- Know **WHAT** detoxing is
- Know **WHY** to detox
- Know the **BENEFITS** of detoxing
- Know **WHAT** to **EAT** and what to **AVOID**



Middle Content

- Place your main content in the next slides

Conclusion

The facts of Detoxing are:

- You don't have to count calories
- You will not feel hungry
- You don't (necessarily) have to go to the gym

You will:

- Stop feeling unhealthy
- Stop feeling tired
- Loose weight



Summary

Today I explained:

- 1.What detoxing is
- 2.Why to detox
- 3.The benefits of detoxing
- 4.The foods we should eat
- 5.The foods we should avoid



Thank you

Any questions?

