

TUESDAY ♦ 8:30am

KEYNOTE ADDRESS

# The Naked You

Stripping off layers of self  
to deliver an authentic speech



**CARMEN TARAN**

As a presenter, you have often heard the advice “be real,” “be authentic,” or “be yourself.” But what does this mean? How do you bare your soul in front of an audience? And how do you prevent anxious thoughts and self-consciousness from interrupting your naturalness and nakedness?

And have you ever asked yourself these self-tormenting questions: “What if they expose the limits of my knowledge?” “How do I say the right thing so they approve of me?” “What if I am not as good as the other speakers?” “How do I show I am real when there are so many rules and norms to follow?” With these kinds of thoughts to ponder, and politeness to consider, it’s no wonder that our authenticity aches.

Find out how to show the real you. What are the warning signs that you are faking it? Are there moments when we let the truth in our presentations show too much skin? How can you be more daring in showing the authentic you?

*When you incorporate these techniques in your own presentations, your audience will want to hear you again and again. Clothing optional.*

