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The ECH0™ — Your Weekly Presentation Tip
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Don't Eat and Present

Most of us can always count on one particular item being present in the room during our presentations: food. Naturally, talking and chewing can be difficult for you to accomplish-and even more difficult for your audience to witness. So, for the sake of your own digestion and comfort-as well as that of your audience-hold off eating until after the presentation.

Studies show that digesting a big meal can impact your concentration. What's more, the stress and adrenaline associated with giving a big presentation can cause stomach acid to increase, resulting in physical discomfort that can distract you from your presentation.

Therefore, if you must eat during your presentation, concentrate on eating light foods, like fruit and/or vegetables. After your presentation, feel free to pig out to celebrate the great job you did.

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