

Presenting Myself

Category of Competencies: Professionalism Skills

Description:

A workshop-style activity where participants prepare and deliver a brief introduction about themselves, focusing on a personal skill or interest. The activity allows participants to reflect on their strengths, practice self-presentation, and respond to feedback on how they present themselves.

Activity Categories:

Individual, Interactive, Presentation-Based

Main Competencies Involved:

Accepting Feedback, Attention to Detail, Conscientiousness, Honesty, Integrity, Patience, Personal Presentation, Responsibility.

Other Competencies (Different Category):

Eloquence, Giving Feedback, Self-Confidence

Resources Needed and Practical Considerations:

Space for participants to present to the group, Paper and pens for participants to jot down their ideas and feedback

Optional: Audio recording or video device to record presentations for feedback (if appropriate)

Estimated Time:

40 minutes

Description of Activity:

Step 1: Explain the purpose of the activity, highlighting the importance of self-presentation and personal responsibility in professional and social settings. Describe that each participant will deliver a brief, two-minute “introduction speech” about themselves, emphasising a personal skill, strength, or interest that they feel best represents who they are.

Step 2: Give participants 5–10 minutes to plan their presentation. Encourage them to consider the following:

- A personal strength, skill, or interest they want to highlight
- How they wish to be perceived by others in a professional or social context



- An example or anecdote that illustrates this quality or interest

Step 3: Ask participants to deliver their initial presentation to the group. While each person speaks, encourage others to listen respectfully and observe specific aspects of their presentation style, such as clarity, confidence, and engagement with the audience.

Step 4: After each presentation, invite the group to provide positive feedback and constructive suggestions. Suggested feedback questions:

- What aspect of the presentation was most engaging?
- How effectively did the presenter convey their chosen skill or quality?
- What could improve the clarity or impact of the presentation?

Step 5: Allow participants a few minutes to consider the feedback and adjust their presentation as desired. If time allows, invite them to deliver a refined version of their presentation, incorporating any feedback they found helpful.

Processing Questions:

How did you decide which personal strength or quality to present?

Did any feedback surprise you or give you new insight into how others perceive you?

What changes did you make after receiving feedback, and why?

How did you feel about presenting yourself to others? What did you learn about self-presentation?

Note: If recording devices are available, participants may wish to record their presentations for self-review. Ensure participants are comfortable with this option and understand it is for personal reflection only.

