

# High-pressure Presentation

**Category of Competencies:** Stress Management Skills

**Description:**

A brief presentation exercise designed to help participants practise emotional self-regulation, compartmentalisation, and pressure handling under simulated high-stress conditions.

**Activity Categories:**

Individual, In-person, Short, Easy to Prepare, Single Session

**Main Competencies Involved:**

Ability to Deal with Pressure, Resilience

**Other Competencies (Different Category):**

Communicative Focus, Eloquence, Self-Confidence

**Resources Needed and Practical Considerations:**

A list of varied presentation topics, Timer

**Estimated Time:**

15 minutes per participant

**Description of Activity:**

Step 1: Introduce the activity, explaining that each participant will give a short, improvised presentation on a randomly assigned topic under high-pressure conditions.

Assign each participant a topic and give them 5 minutes to prepare. Encourage them to quickly outline their main points, as they won't have time for an in-depth plan.

Step 2: Each participant delivers a 2–3 minute presentation. During their presentation, introduce random interruptions or challenges to simulate high-pressure conditions. This added pressure tests their ability to stay focused, regulate their emotions, and compartmentalise their reactions to continue their presentation smoothly.

Step 3: After each presentation, invite the group to provide supportive feedback, focusing on how the participant managed interruptions and handled the pressure. Follow up with processing questions to help participants reflect on their performance and identify areas for improvement.



### Processing Questions:

How did it feel to present with added interruptions or time constraints?

Were you able to stay focused on your topic despite the challenges?

How did you manage any feelings of stress or frustration during the presentation?

Did you use any strategies to help you stay calm under pressure?

What might you do differently next time to handle similar situations?



## Presentation topics

The importance of learning a second language	How to manage stress in daily life
The benefits of spending time outdoors	Why everyone should learn basic cooking skills
How social media influences self-esteem	The importance of budgeting and saving money
The pros and cons of remote work or study	Tips for building strong friendships
The impact of music on mood and emotions	The benefits of a regular sleep schedule
Why exercise is essential for mental health	The effects of climate change on daily life
Why creativity is important in problem-solving	What makes a good leader?



The benefits of volunteering in your community	How technology is changing education
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### Questions and interruptions during presentations

Summarise your presentation in three key points	You have 30 seconds left to finish your presentation
Wrap up your main points in the next 10 seconds	Switch topics. Now tell us about the opposite side of your argument
Please shift your focus to the benefits or challenges of your topic	If you had to explain this to a younger audience, how would you do it
Pause for 5 seconds, then continue with a new example	Take a moment to restart from the last point
Stand up and continue presenting	Move to another spot in the room while maintaining your presentation flow
Speak louder as if you're addressing a larger audience	If you had only one sentence to convince us, what would it be
Can you elaborate on why this is important	Use hand gestures to emphasise your points



Imagine a friend challenges you on this. How would you respond	What would you say to someone who disagrees with you on this topic
Can you give an example of a counter-argument	Ask your audience a question to involve them in the topic
Please clarify your main point in simpler terms	Can you summarise your point again for clarity

