Hands on: One hour to improve your presentation skills

ISEE Young Rennes 2024 – (Not So) Early Morning Session
Who are we?

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Hands on: One hour to improve your presentation skills

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How to keep the audience’s attention?

[Diagram showing audience attention over time with key points for introduction, various themes, efficient presentation, and average presentation compared to each other.]

images: https://www.scientificleaders.com/presentations/
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5 questions to ask yourself before starting a presentation

1. Who am I speaking to?
2. What is my objective?
3. What is my key message?
4. What are my promises of change?
5. What holds someone back from taking action?
1) Who am I speaking to?

It is essential to adapt to your audience

• Vocabulary
• Message
• Details

What seems obvious to you is not necessarily obvious to others!
2) What is my objective?

What is my goal?
What do I want people to do?
How can I quantify whether or not my speech was a success?
3) What is my key message?

If we had to remember just one thing from my speech, what would it be?
4) What are my promises of change?

What are the benefits of taking action on my recommendations?
5) What holds someone back from taking action?

What makes someone not listen to you or not want to follow your promise of change?
Real life example: PhD defence

1. Who am I speaking to?
A jury of experts in my field who don't necessarily know all the parts of my thesis

2. What is my objective?
Present my main thesis results in a relatively short time and convince people that I have the necessary skills for the title of PhD.

3. What is my key message?
Air pollution is associated with an increased risk of...

4. What are my promises of change?
Public health message, impact of the project…

5. What holds someone back from taking action?
• They don't understand some results
• They are not convinced by the method…
GENERAL RULES

1. Less is more
2. How to keep the audience's attention?
3. Graphic chart
Less is more

Image: storyset
1 message per slide
Less is more

6 elements per slide
Use keywords
(Not phrases)
Use key message in slide title
Be consistent
How to keep the audience’s attention with PowerPoint?
How to keep the audience’s attention?

What disturbs the brain?

• Too much information  ➤ Less is more

What catches the eye?

• Big objects  ➤ Play on size
• Moving objects  ➤ Animations
• Coloured objects  ➤ Play on colours & contrasts
Graphic chart
The main rule: harmonisation

- Keep the colours simple
- Use sans-serif fonts
- Stick to 30pts font or larger
- Avoid overstyling
The main rule: harmonisation

- Keep the colours simple
- Use sans-serif fonts
- Stick to 30pts font or larger
- Avoid overstyling
The main rule: harmonisation

- Keep the colours simple
- Use sans-serif fonts
- Stick to 30pts font or larger (minimum 18 pts)
- Avoid overstyling
Graphic chart: text

The main rule: harmonisation

- Keep the colours simple
- Use sans-serif fonts
- Stick to 30pts font or larger
- Avoid overstyling

Yes: bold colours
No: underlined
Graphic chart: images

The main rule: harmonisation

Black outline  Black filled  Flat  Linear colour

Keep the same image style
Graphic chart: template

• Font: Arial
• **Title:** Arial bold 24 pts
• Body: Arial 24 pt
• Colours:

- RVB: R7 V71 B104; Hex: #074768
- RVB: R11 V111 B161; Hex: #0B6FA1
- RVB: R58 V149 B160; Hex: #3A95A0
- RVB: R224 V203 B110; Hex: #E0CB6E
Quick tutorials

1. Font selection
2. Colors pallet
3. Mastering the slide master
4. Object selection
5. Align objects
6. Shapes and images
Mastering the slide master

The slide master allows you to modify the structure and characteristics of all the slides of the power point, globally it is the template of the slides! Microsoft tutorial: [here](#)
Selection pane

Microsoft tutorial: [here](#)
Align objects

Microsoft tutorial: [here](#)
RESOURCES

1. Images
2. Slide design
Where can I find images?
Power point tools: icons

- Simple
- Accessible
- 100% copyright free

Not available in all versions of PowerPoint:
- PowerPoint for Microsoft 365
- PowerPoint for Microsoft 365 on Mac
- PowerPoint for web
- PowerPoint 2019
- PowerPoint 2019 for Mac
3000 Free medical images
to illustrate your publications and Powerpoint presentations

Download all slide set
Access 15.1M+ vector icons & stickers

Download Free Icons and Stickers for your projects. Images made by and for designers in PNG, SVG, EPS, PSD and CSS formats.

Top searches: Education, Technology, User, People, Business, Food

- **Icons**
  The largest database of free icons for any project.

- **Interface Icons**
  Icons specially designed for your interfaces.

- **Animated Icons**
  Motion icons for creating stunning projects

- **Stickers**
  Stickers for websites, apps or any place you need
Awesome free customizable illustrations for your next project

Customize, animate and download our illustrations to make incredible landing pages, app or presentations!
I don’t have the time

(or tips for lazy people)
Slidesgo
Goal infographics

Mercury
- Mercury is the closest planet to the Sun and the smallest one

Neptune
- Neptune is the farthest planet from the Sun and a gas giant

Venus
- Venus has a nice name and is the second planet from the Sun

Mars
- Despite being red, Mars is a cold place full of iron dust
Mercury is the closest planet and the smallest one in the Solar System.

Neptune is the farthest planet from the Sun. It’s the fourth-largest by diameter.

Jupiter is a gas giant and the biggest planet in the entire Solar System.

Despite being red, Mars is a cold place. The planet is full of iron oxide dust.

Saturn is the ringed one. It’s composed mostly of hydrogen and helium.

Venus has a beautiful name and is the second planet from the Sun. It’s hot.
Examples – What we have already presented

Constances

2012

~220 000 adults aged 18 to 69 years

2020

Inclusion

- Questionnaires
- Medical examinations
- Blood samples

Follow-up

- Annual follow-up questionnaire
- Questionnaire
- Every 4 years: comprehensive follow-up
- Questionnaires
- Medical examinations
- Blood samples

Analysis population

n = 127 108

- 54%
- 46%
- 19%
- 47 years
- 9% High school
- 34% High school
- 57% University

Impact of project

Comprehensive approach
Better understanding of respiratory diseases heterogeneity and evolution

For everyone
General population study

Better prevention
Better primary, secondary and tertiary prevention based on multimorbidities

Healthier environment
Better understanding of the effects of the environment, and provide elements for health policies
Examples – What we have already presented

Do you know…

- 12 (l) x 0.5 l (VT) = 6 l / min
- 80 x 6 l = 360 l / hour
- 16 x 360 l = 5,760 l / day (s)

- Avg concentration (urban background): 100 g / l
- 1 liter = 1,000 cm³

→ 4,500 x 5,760,000 = 25,920,000,000

Reference: values according to Larsen, 2016

Caffeine consumption of EPI

5. Die Veröffentlichungen

Verschiedene Medien

Zusätzlich zu klassischen Veröffentlichungen:
- Behördenliche Richtlinien (EU AQD)
- Guidelines (WHO 2021)
- Materialien für Nicht-Wissenschaftler:innen
- Interviews
- Social Media / Websites
How to fail your presentation?
How to lose the audience’s attention

- Multiple messages per slides increase the probability that the focus of attention will shift to the one or the other(s).
- Smaller sized elements will lose the focus of attention (e.g., text vs headlines).
- Objects with little contrast makes them hard to order them intuitively.
- Too many objects on a slide makes it hard to follow.

If you don’t train your presentation and presentation style, your audience will realize:

- If I put too much text on the slides and at the same time read exactly what is on the slides anyway, the chances are very high that your audience will immediately get bored and you will lose them to your message.
How to lose the audience’s attention

- Multiple message per slide
- Disturbing text size
- No contrast
- Too many objects
- No training
- Full sentences
How to rock the stage?
How to keep the audience’s attention

Design principles

The 110 techniques of communication and public speaking, David JP Phillips, TEDxZagreb
Conclusion
Conclusion: what makes a good presentation?

- **Time**: It is time consuming
- **Images**: Icons, flaticon, freepik, storyset
- **Harmonization**: Text, colours and images
- **Less is more**: One message per slide
“C’est en forgeant qu’on devient forgeron”
Forging is the way to become a blacksmith

"Übung macht den Meister"
Practice makes perfect
Thank you!
Any questions?

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ST4 - Respiratory health

Maximilian Schwarz
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O1 - Air Pollution 1: New evidence on health effects of air pollution

June 6 14:30-15:30 D8

June 6 11:30-13:00 Amphi
Useful links

- How to avoid death by Powerpoint, David JP Phillips, TEDxStockholmSalon
  https://www.youtube.com/watch?v=Iwpi1Lm6dFo

- The 110 techniques of communication and public speaking, David JP Phillips, TEDxZagreb
  https://www.youtube.com/watch?v=K0pxo-dS9Hc

- flaticon: https://www.flaticon.com

- freepik: https://www.freepik.com


- Servier Medical Art: https://smart.servier.com

- Storyset : https://storyset.com

- Blush: https://blush.design/fr

- Thenounproject : https://thenounproject.com (icons with svg format)

- Slide master: https://support.microsoft.com/en-us/office/what-is-a-slide-master-b9abb2a0-7aef-4257-a14e-4329c904da54