



ISEE Young Rennes
June 5-7, 2024

Hands on: One hour to improve your presentation skills

ISEE Young Rennes 2024 – (Not So) Early Morning Session





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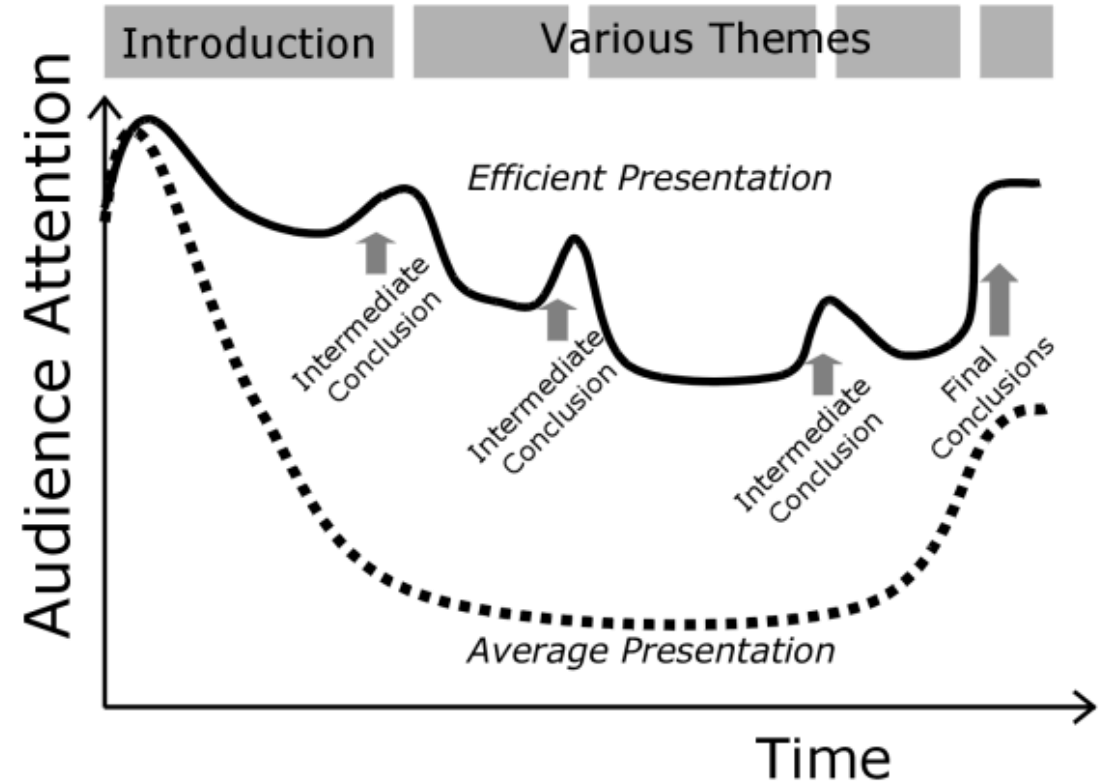
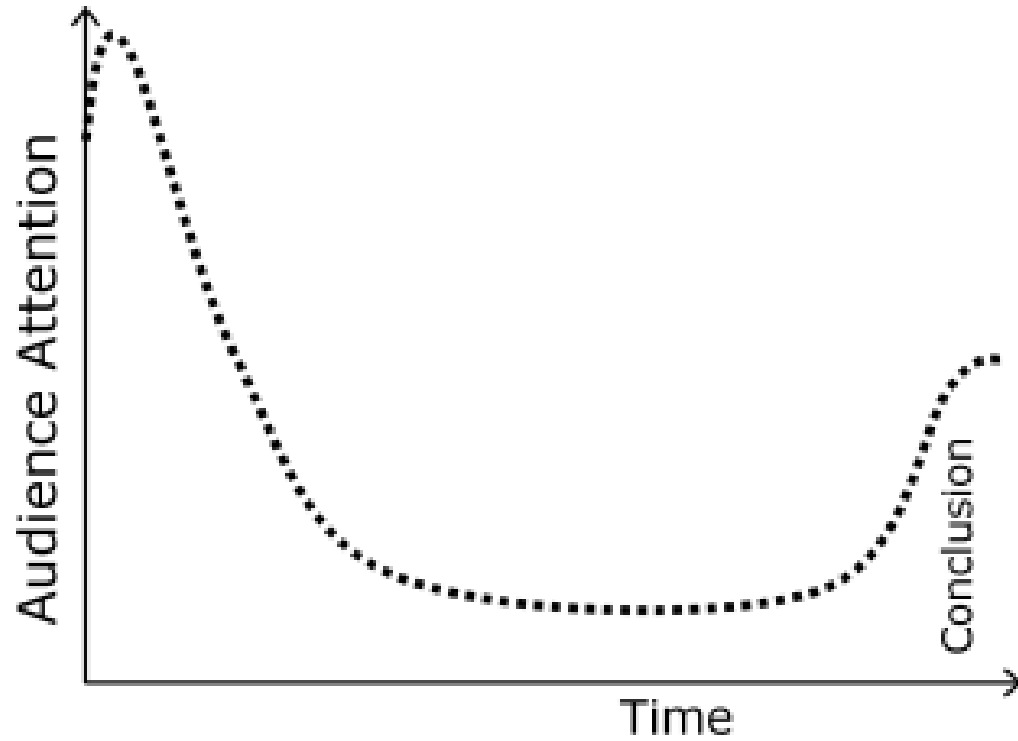
ISEE Young Rennes
June 5-7, 2024

Hands on: One hour to improve your presentation skills








ISEE Young Rennes 2024 – (Not So) Early Morning Session



How to keep the audience's attention?





-  **5 questions to ask yourself before starting a presentation**
-  **General rules**
-  **Quick tutorials**
-  **Resources**
-  **Examples**
-  **Do's and Don'ts**
-  **Wrap-up / Conclusion**



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



Image: storyset

What seems obvious to you is not necessarily obvious to others!



What is my goal?

What do I want people to do?
How can I quantify whether or
not my speech was a success?



Image: storyset

3) What is my key message?



**If we had to remember
just one thing from
my speech, what
would it be?**



Image: storyset



4) What are my promises of change?



**What are the benefits
of taking action on my
recommendations?**



Image: storyset



5) What holds someone back from taking action?



What makes someone not listen to you or not want to follow your promise of change?



Image: storyset





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...



Image: storyset



GENERAL RULES

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

Less is more





1

message per slide





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?



Image: storyset





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



Image: storyset



The main rule: harmonisation

Dark text

Light text

- 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

Arial
Helvetica
Tahoma
Verdana





The main rule: harmonisation

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





The main rule: harmonisation

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

- Avoid overstyling

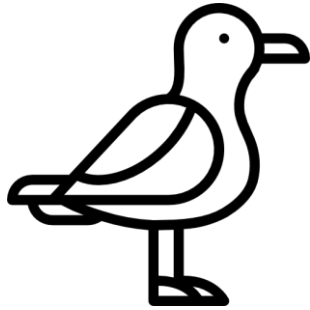
Yes: **bold**
colours

No: underlined

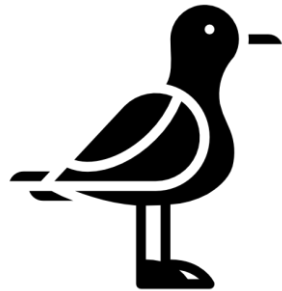




The main rule: harmonisation



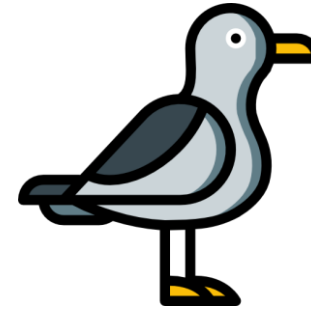
Black outline



Black filled



Flat



Linear colour

Keep the same image style





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



RVB : R7 V71 B104; Hex : #074768



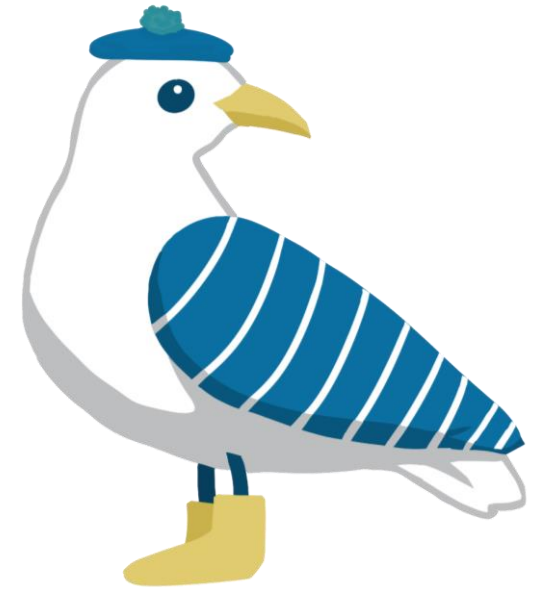
RVB : R11 V111 B161; Hex : #0B6FA1



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

Font and colors selection



File Home Insert Draw **Design** Transitions Animations Slide Show Record Review View Help

Record Present in Teams Share

Themes Variants Customize Designer

Slide Size Format Background

Themes

Font selection

Variants

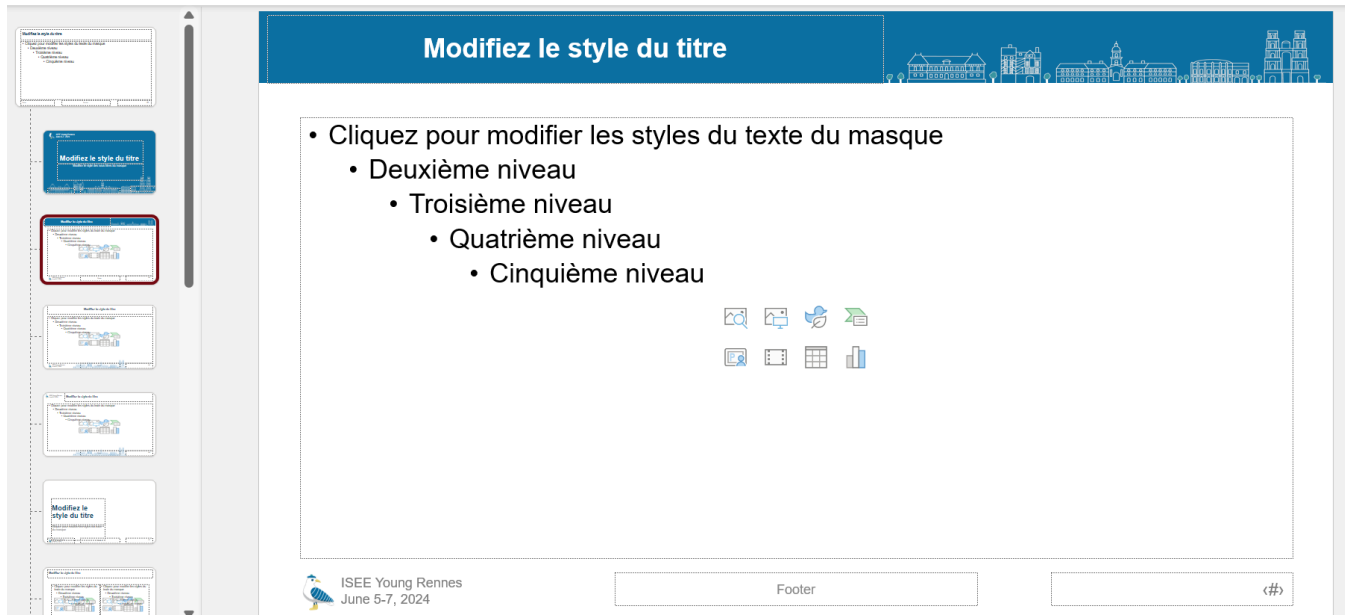
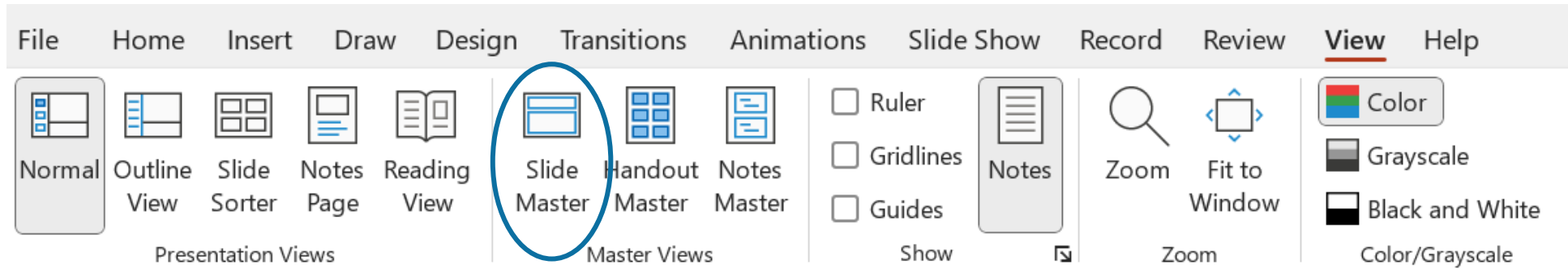
Colors

Fonts

Effects

Background Styles

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



The screenshot displays the Microsoft PowerPoint interface. The title bar shows 'AutoSave Off', 'ISEE_Young_EMS...', and 'Saved to this PC'. The ribbon includes 'File', 'Home', 'Insert', 'Draw', 'Design', 'Transitions', 'Animations', 'Slide Show', 'Record', 'Review', 'View', and 'Help'. The 'Home' ribbon is active, showing 'Clipboard', 'Slides', 'Font', and 'Paragraph' groups. The 'Arrange' group is expanded, showing 'Order Objects', 'Group Objects', and 'Position Objects' sub-groups. The 'Order Objects' sub-group is selected, displaying options: 'Bring to Front', 'Send to Back', 'Bring Forward', and 'Send Backward'. The 'Group Objects' sub-group shows 'Group', 'Ungroup', and 'Regroup'. The 'Position Objects' sub-group shows 'Align', 'Rotate', and 'Selection Pane...'. The main slide area shows a blue header 'Selection pane' and two overlapping circles (blue and yellow). The left sidebar shows a slide thumbnail with the same content.

Microsoft tutorial: [here](#)



Align objects



The screenshot displays the Microsoft PowerPoint interface. The ribbon is set to 'Home', and the 'Arrange' group is active. The 'Align' dropdown menu is open, showing the following options:

- Order Objects**
 - Bring to Front
 - Send to Back
 - Bring Forward
 - Send Backward
- Group Objects**
 - Group
 - Ungroup
 - Regroup
- Position Objects**
 - Align >
 - Rotate >
 - Selection Pane...

The 'Align' sub-menu is further expanded, showing the following options:

- Align Left
- Align Center
- Align Right
- Align Top
- Align Middle
- Align Bottom
- Distribute Horizontally
- Distribute Vertically
- Align to Slide
- Align Selected Objects

The main slide area shows a blue header with the text 'Align objects' and a footer with the ISEE Young Rennes logo and the text 'ISEE Young Rennes June 5-7, 2024'. The slide navigation pane on the left shows slides 29 through 34, with slide 33 highlighted.

Microsoft tutorial: [here](#)



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RESOURCES

1. Images
2. Slide design

Where can I find images?

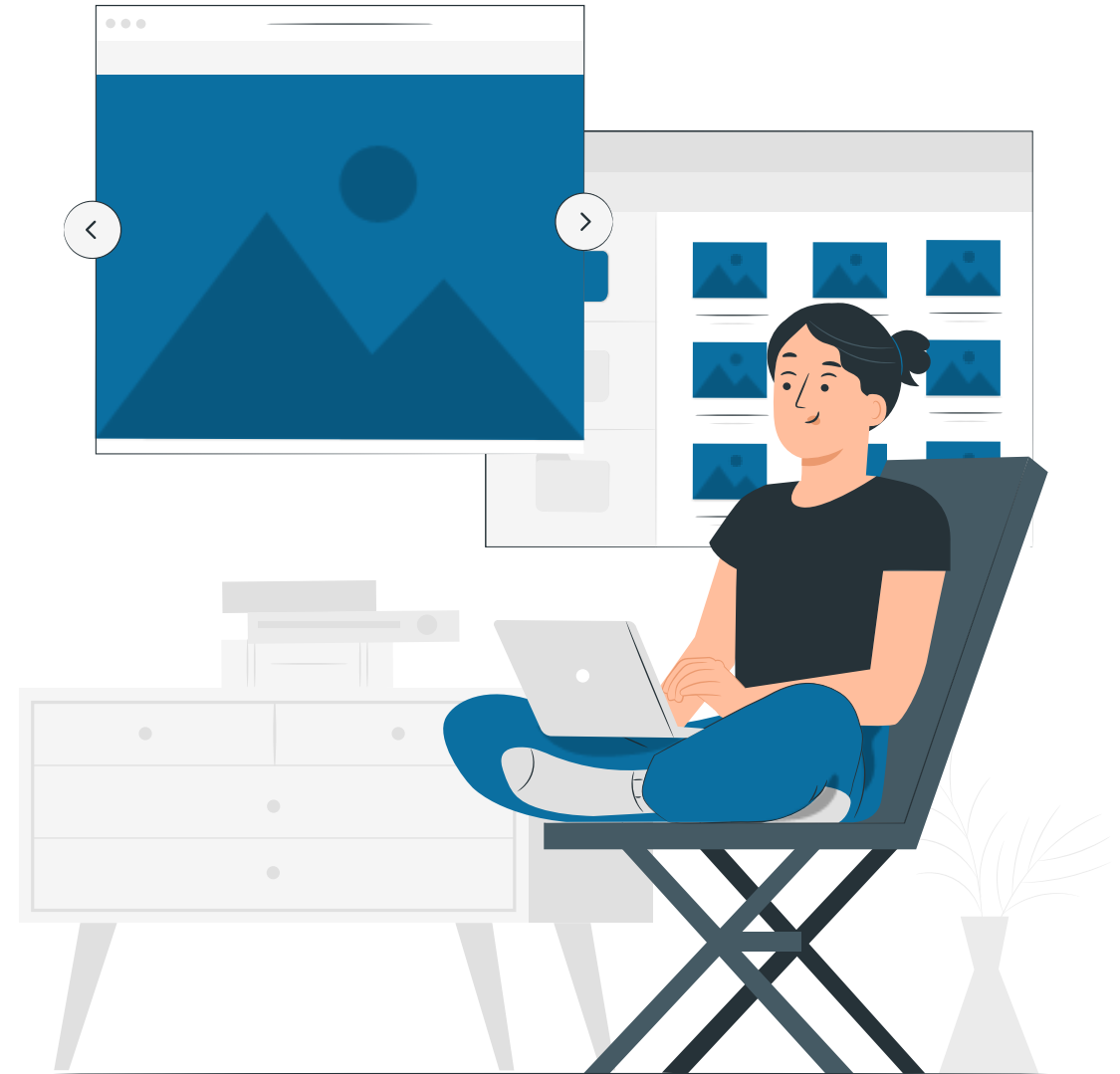
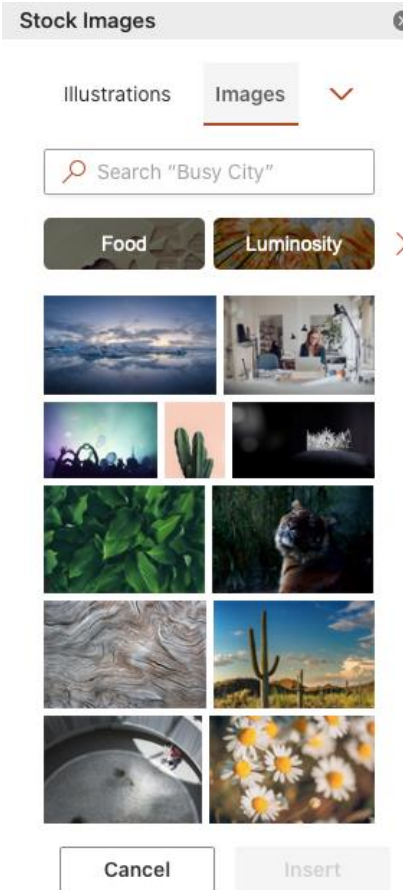
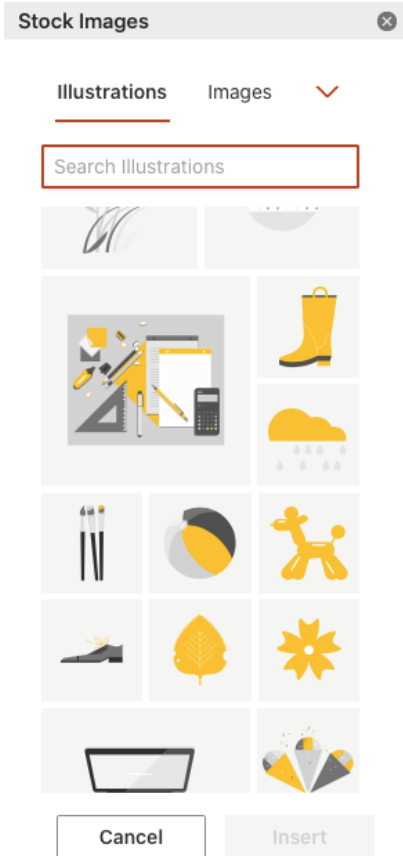
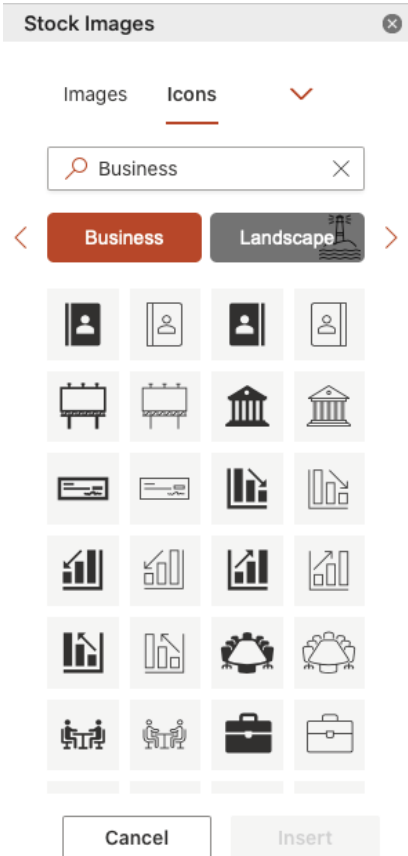
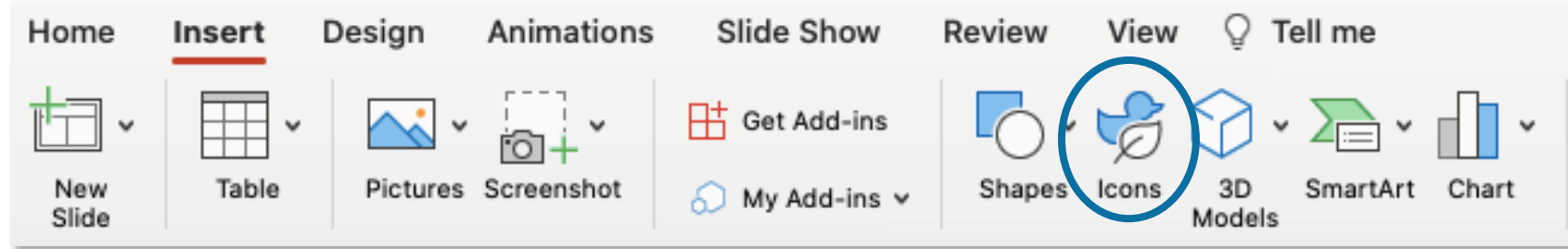


Image: storyset

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



Contents hide

(Top)

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Size of this PNG preview of this SVG file: [103 × 94 pixels](#). Other resolutions: [263 × 240 pixels](#) | [526 × 480 pixels](#) | [842 × 768 pixels](#) | [1,122 × 1,024 pixels](#) | [2,244 × 2,048 pixels](#).

[Original file](#) (SVG file, nominally 103 × 94 pixels, file size: 162 KB)

[Open in Media Viewer](#) 

 The source code of this [SVG](#) is valid.



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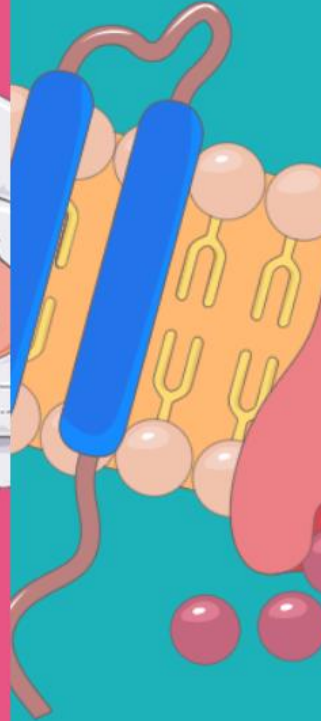
Search ...



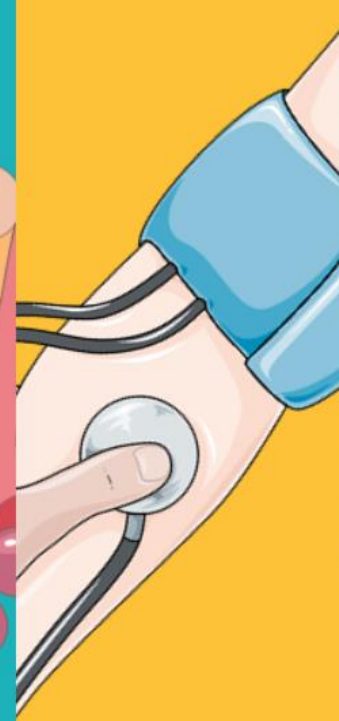
Anatomy and
The Human
Body



Cellular Biology



Medical
Specialties





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
Stickers

Stickers for websites, apps or any place you need




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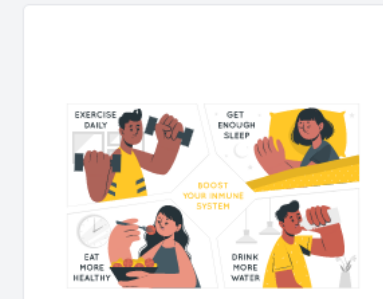
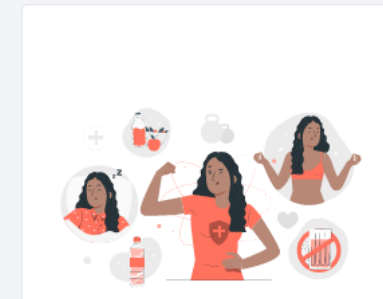
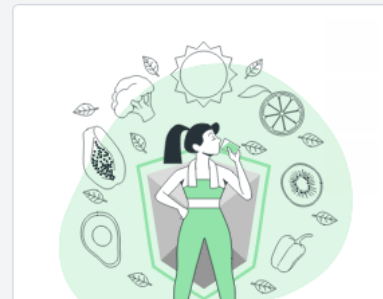
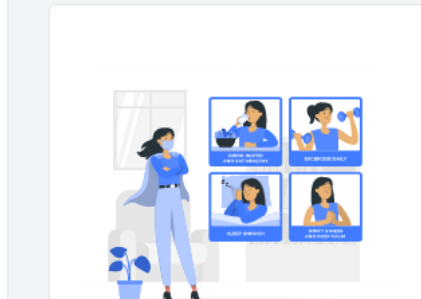


Pana

Order by

Recent

Popular



I don't have the time

(or tips for lazy people)

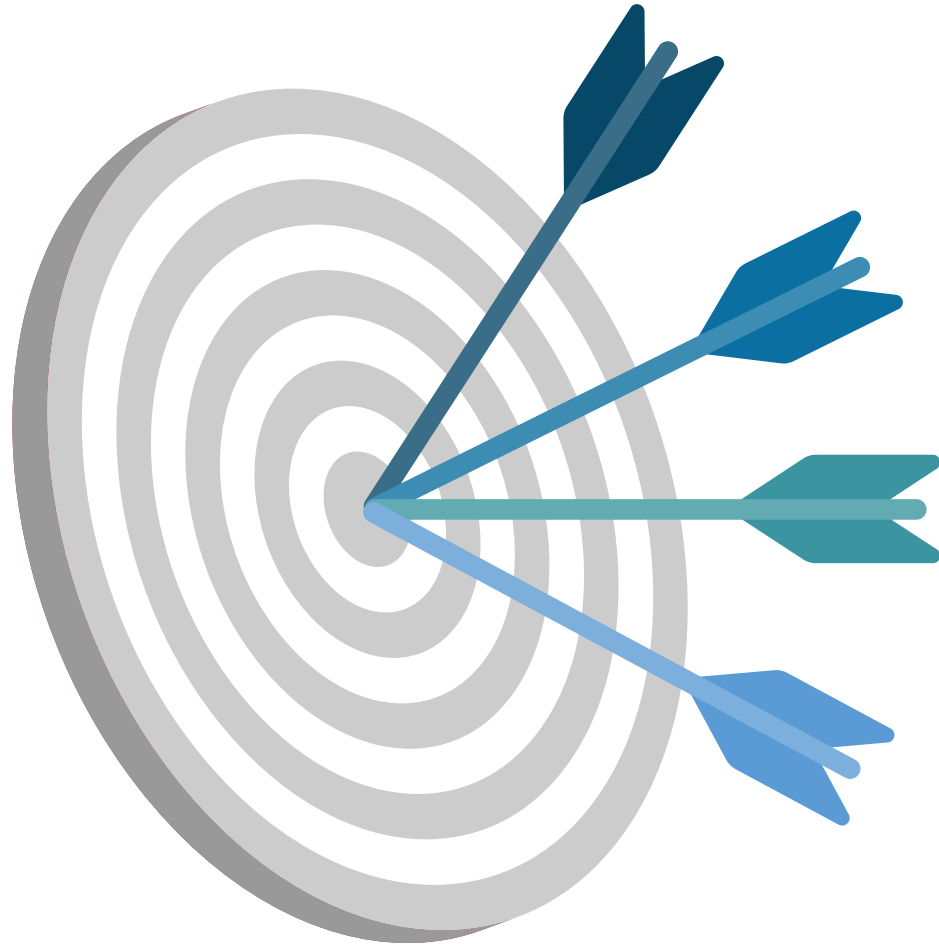


Image: storyset





Slidesgo



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



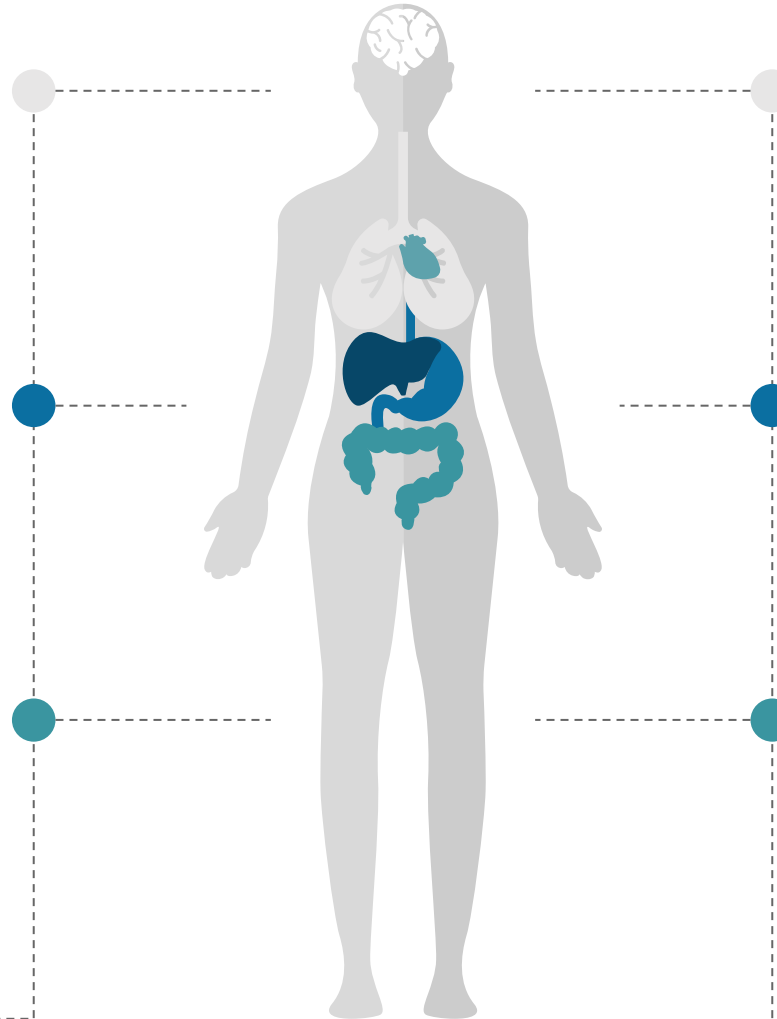
Pollution Infographics



Mercury
Mercury is the closest planet and the smallest one in the Solar System

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

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



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

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

Venus
Venus has a beautiful name and is the second planet from the Sun. It's hot



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Examples

Examples – What we have already presented


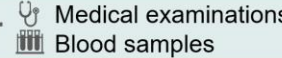


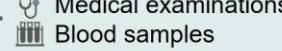


Constances



2012  2020
~220 000 adults aged 18 to 69 years

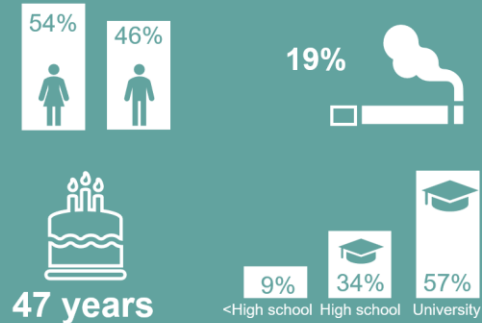


Inclusion	
 Questionnaires +	 Medical examinations Blood samples
Follow-up	
Annual follow-up questionnaire	
 Questionnaire	
Every 4 years: comprehensive follow-up	
 Questionnaires +	 Medical examinations Blood samples

21

Analysis population

n = 127 108



59

Impact of project

Comprehensive approach

Better understanding of respiratory diseases heterogeneity and evolution

For everyone

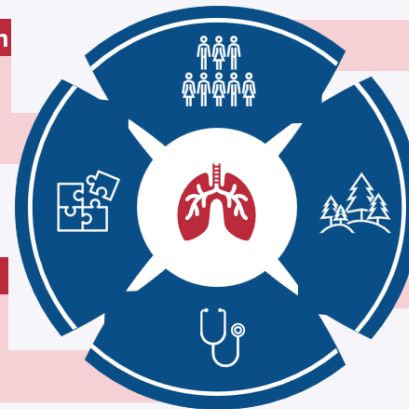
General population study

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 (f) x 0.5l (VT) = 6l /min
- 60 x 6l = 360l /hour
- 16 x 360l = 5,760l /day (ti)

- Avg concentration (urban background): 4
- 1 liter = 1,000cm³

→ 4,500 x 5,760,000 = 25,920,000,000

Reference values according to Larsen, 2016

Caffeine consumption of EPI



*: as of Feb. 19, double shots included

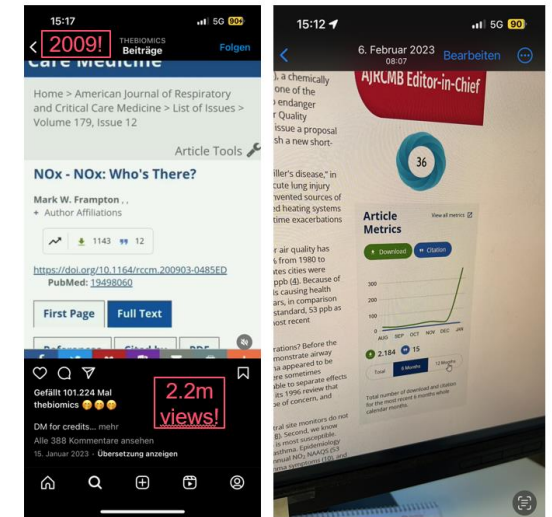


N = 3289*

5. Die Veröffentlichungen Verschiedene Medien

Zusätzlich zu klassischen Veröffentlichungen:

- Behördliche Richtlinien (EU AQD)
- Guidelines (WHO 2021)
- Materialien für Nicht-Wissenschaftler:innen
- Interviews
- Social Media / Websites



INSTITUTE OF
EPIDEMIOLOGY

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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 you 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



Image: storyset





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How to rock the stage?

How to keep the audience's attention



Design principles +

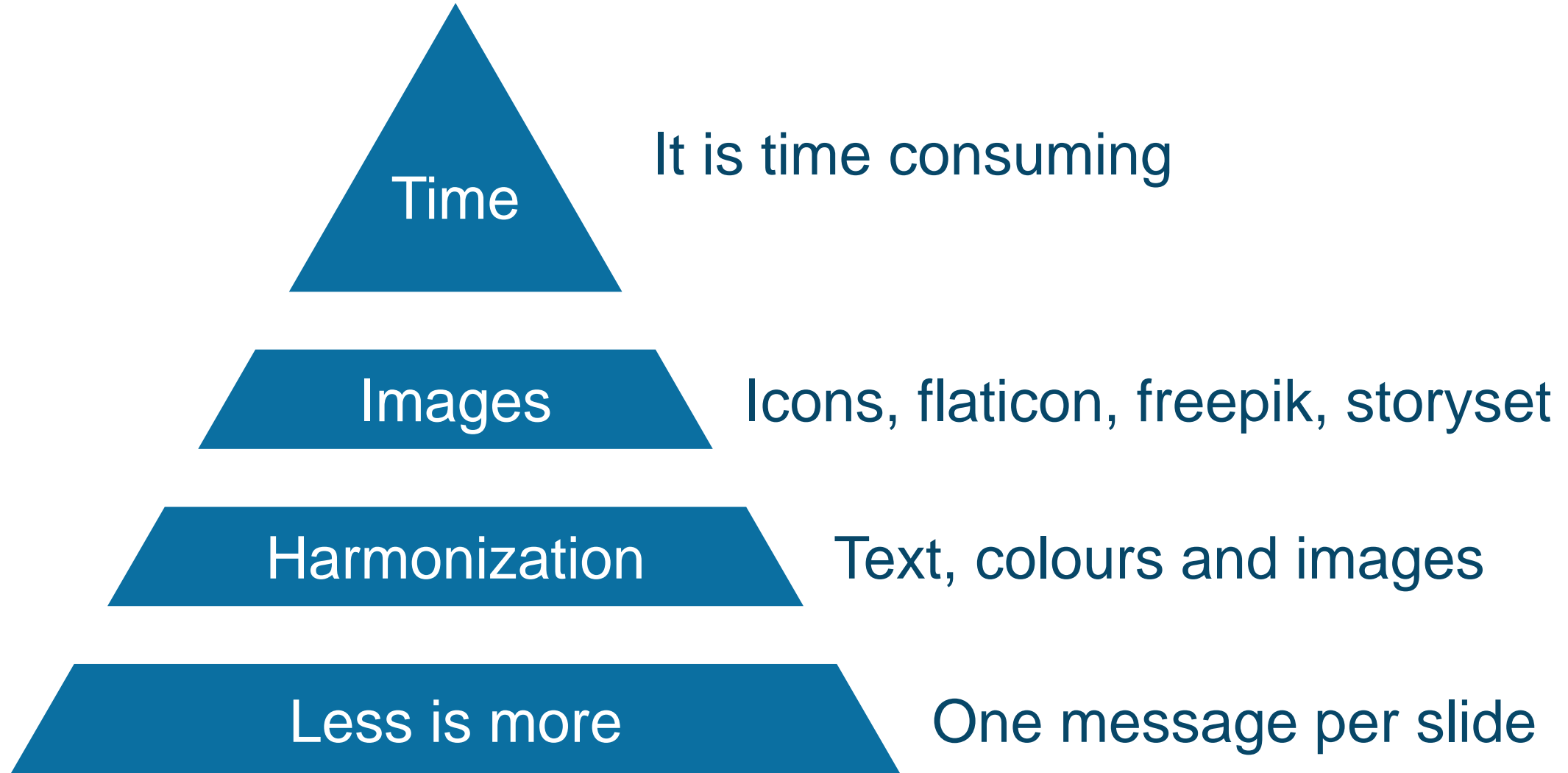
Nervousness		Voice			Body language				Facial expressions		Language		Ultimate level
1 Swaying	7 Tempo beginning	16 Normal volume	25 Filler sounds	34 Neutral position	43 Shrugging shoulders	52 Pointing	61 Progression	70 Strategic positions	77 Neutral	86 Adapted	95 Hexacolon	104 Loves presenting	
2 Squirming	8 Varied tempo	17 Volume increase	26 Elongated vowels	35 Confident posture	44 Intensity variation	53 Volume/Size	62 Empowering head angle	71 Bent knees	78 Matching	87 Flow	96 Tricolon	105 Roleplaying	
3 Irrational movement	9 Normal tempo	18 Volume decrease	27 Pitch range	36 Amplifying posture	45 Functional	54 Regulators	63 Dysfunctional head angle	72 Amplification	79 Dramatising	88 Strong rhetorics	97 Repetition	106 Total intensity transition	
4 Patting/ Stroking	10 Tempo decrease	19 Volume decline	28 Melody	37 Ticks	46 Smooth	55 Rhythm of speech	64 Standard head angle	73 General eye contact	80 Mouth	89 Filler words	98 Anaphor	107 Acts out the obvious	
5 Flight stance	11 Tempo increase	20 Unfunctional pauses	29 Articulation	38 Feet planted	47 Distinct	56 Signs	65 Amplifying head movement	74 Swipe	81 Eyebrows	90 Negations	99 Epiphor	108 Present and authentic	
6 Unbalanced feet	12 Correct emphasis	21 Thought pause	30 Staccato rhythm	39 Hip position	48 Adapted size	57 Ideaograph	66 Owns the stage	75 Focus	82 Forehead	91 Repetitive words	100 Alliteration	109 Synchronicity	
	13 Playful emphasis	22 Effect pause	31 Dramatising	40 Angle	49 Standard pace	58 Drawings	67 Vertical movement	76 Functional	83 Eyes	92 Impossible words	101 Correctio	110 Divergent	
	14 Base volume	23 Relaxation pause	32 Language change	41 Relaxed movement	50 Adapted pace	59 Emotional expressions	68 Horizontal movement		84 Self laugh	93 Visual language	102 Climax		
	15 Varied volume	24 Cord vibration	33 Sound effects	42 Dramatising	51 Dysfunctional gestures	60 Sounds	69 Step forward		85 Serious face	94 Evaluative	103 Anadiplosis		



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Conclusion

Conclusion: what makes a good presentation?



*“C’est en forgeant
qu’on devient forgeron”*

Forging is the way to become a blacksmith

*“Übung macht den
Meister”*

Practice makes perfect





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Thank you!

Any questions?



Marine Savouré

marine.savoure@islgobal.org

ST4 - Respiratory health

 June 6  14:30-15:30  D8



Maximilian Schwarz

maximilian.schwarz@helmholtz-munich.de

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

 June 6  11:30-13:00  Amphi



- How to avoid death by Powerpoint, David JP Phillips, TEDxStockholmSalon
<https://www.youtube.com/watch?v=lwpi1Lm6dFo>
- 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>
- slidesgo : <https://slidesgo.com> (with also some pretty good tutorials: <https://slidesgo.com/slidesgo-school/powerpoint-tutorials> / How to choose the best colors for your presentations?
<https://slidesgo.com/slidesgo-school/presentation-tips/how-to-choose-the-best-colors-for-your-presentations>)
- 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>

