Putting Your Best “Self” Forward – In-Person & Virtually

College of Engineering - Staff Engagement & Success Series

September 21, 2021

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THE STRUGGLE IS REAL
Today’s Discussion

- My Journey
- My Tips
  - Polls
  - Do’s & Don’t
  - Key Insights
- Q&A
- Wrap Up!
My “Best” Self
Poll#1
Tip #1: Make a first and lasting impression

• **Dress for success at all times**
  - In person – dress appropriate for the occasion (attire, hair, grooming, etc.)
  - Virtually – follow the same advice and strive for an optimal office setup (lighting, internet speed, etc.)

• **Be mindful of your speech, words, and nonverbal cues**
  - Make consistent eye contact
  - Use active listening
  - Focus on adding value and not fluff!

• **Bring forth positive energy!**
  - Good vibes
  - Fun
  - Excitement

8 Traits Of Executive Presence

- Style
- Confidence
- Charisma
- Trustworthiness
- Transparency and Authenticity
- Composure
- Relatability
- Conciseness
You have 7 seconds to make a good first impression.

- 55% is how you look
- 38% how you sound
- Only 7% is what you say
Poll#2
Tip #2: Prep, Practice, Perfect

- **Be Prepared**
  - Do your homework
  - Be familiar with your content, ideas, and collateral
  - Digest articles, podcasts, and other supplemental offerings expanded knowledge

- **Practice…Practice…Practice**
  - Seek out a good rhythm
  - Gain comfortability
  - Eliminate the nerves

- **Solicit Feedback**
  - Seek feedback from a trusted colleague, mentor, or friend
  - Consider another “neutral” point of view
  - Leave your ego at the door

"SUCCESS Is the SUM of SMALL efforts, Repeated DAY IN AND DAY OUT"

(R Collier)
TOP FEARS AMONG MILLENNIALS AND GEN Z

- OTHER DRIVERS: 88%
- PUBLIC SPEAKING: 75%
- DEATH: 74%
- SPIDERS: 69%
- SNAKES: 69%
- GHOSTS: 42%
- STRANGERS: 32%

SOURCE: PENN SCHOLIUM BERLAND SURVEY OF 1,000 MILLENNIALS AND GEN Z CONDUCTED APRIL 25 TO MAY 4, 2015
Poll#3
Tip #3: Engage & Inspire

• Determine the right setting
  • In-person or virtual
  • Informational or interactive
  • Panel or breakouts

• Aim to provide a meaningful experience
  • Create a focused agenda and talking points
  • Seek participation from everyone involved
  • End with clear takeaways and actions

• Think outside of the box
  • Incorporate a fun icebreaker, trivia, or interactive polls
  • Engage over coffee or quick bite.
  • Host a walking meeting, stretch or yoga break, dance-off, etc.
79% of people agree that most presentations are boring.

Source: https://presentationguardian.com/magnets-presentation-statistics/

Narrative  | Engage  | Visuals
---|---|---
CHANGE  | Explain  | Enlighten
Data
Quick Recap

1. Make a first and lasting impression
2. Prep, Practice, Perfect
3. Engage & Inspire
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DO GOOD
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