

Presentation skills workshop

Methodology toolkit
for youth workers by



Workshop overview

Basic Information

Title: Presentation Skills Workshop

Duration: ~2.5–3 hours

Group size: 5–10 participants

Target group: Youth (16–30), beginners to intermediate

Facilitator(s): 1 person

Learning Objectives

By the end of the workshop, participants will:

- Understand how to start and end a presentation with impact
- improve non-verbal communication (body language, gestures, eye contact)
- Deliver a structured elevator pitch
- Gain confidence through practice and feedback
- Reflect on their own presentation style

Materials Needed

- Flipchart / whiteboard + markers
- Timer (phone or visible countdown)
- Participants' smartphones (optional – for recording)
- Open space for movement
- Optional: projector (for slides/video inspiration)

Useful Resources

- [Presentation for workshop](#)
- [Photos and videos from previous workshops](#)

Workshop flow

1. Introduction of the Workshop

This workshop focuses on helping participants improve their presentation skills through practice, reflection, and feedback rather than theory. It is designed as an interactive learning experience where participants actively try, fail, improve, and build confidence step by step.

The session is divided into three main parts:

- Impactful start and ending of a presentation
- Non-verbal communication
- Elevator pitch

Each part follows the same logic:

short introduction → quick preparation → short presentation → immediate feedback.

The workshop works best in groups of up to 10 participants, so everyone has enough time to present and receive feedback.

2. Impactful Start and End of a Presentation

This part introduces participants to the idea that the first and last seconds of a presentation shape the entire experience. The goal is to help them understand how to grab attention at the beginning and leave a strong impression at the end.

The facilitator starts with a short explanation and a quick brainstorming activity (around 10 minutes), asking participants how they usually start presentations and what makes an ending memorable. This helps activate their thinking and creates a shared base.

After that, participants get 3 minutes to prepare a very short presentation (1 minute long) on an easy topic (e.g. hobby, fun fact, favourite movie), so they can focus purely on structure rather than content.

Then the main loop begins:

- One participant presents (1 minute)
- Immediately after, the group gives constructive feedback (approx. 3 minutes)

So in total: ~4 minutes per participant × number of participants

The feedback should always follow a simple structure:

- What worked well
- What could be improved to make it more impactful

The facilitator's role is to keep feedback constructive, short, and supportive.

3. Non-verbal Communication

This part focuses on how participants look, move, and use their body while presenting, because often it communicates more than words themselves.

The section starts again with a short discussion (around 10 minutes), where participants reflect on why non-verbal communication matters. The facilitator can add examples such as eye contact, posture, gestures, or movement.

Participants are then given 3 minutes to prepare a short presentation (1 minute), this time focusing specifically on:

- Gestures
- Posture
- eye contact
- movement

The content is simple (e.g. personal story, dream job, holiday), so attention stays on delivery.

The process is identical to the previous section:

- 1-minute presentation
- ~3 minutes of immediate feedback

Again: ~4 minutes per participant × group size

4. Elevator Pitch

The final part brings everything together and focuses on structured and persuasive communication.

Participants are introduced to a simple elevator pitch structure:

- Context
- Problem
- Solution
- Benefits
- Long-term impact
- Call to action

They also learn about the power of silence, meaning that pauses can make a message stronger and more confident.

Participants then get 5 minutes to prepare a 1-minute pitch about their own project, idea, or topic.

The same presentation loop follows:

- 1-minute presentation
- ~3 minutes of feedback

Again: ~4 minutes per participant × group size

At this stage, participants usually show visible improvement because they combine:

- structure
- delivery
- confidence

5. Closing & Reflection

The workshop ends with a short reflection where participants are invited to think about what they are taking away from the session.

This can be done as:

- open sharing
- or a quick round (one sentence per person)

Facilitation Notes

Even though the workshop looks simple, its power lies in repetition:
Participants present → receive feedback → improve → repeat.

The facilitator should focus on:

- keeping the energy up
- managing time strictly
- creating a safe and supportive atmosphere

Because in this workshop, growth doesn't come from slides...but from standing up, speaking, and trying again.