* **Know Your Audience:**
  + Assume the audience knows less than you.
  + Pitch the talk at a level everyone can understand, regardless of expertise.
* **Preparation:**
  + Practice extensively.
  + Present to those unfamiliar with your topic.
  + Aim for simplicity in explanations.
* **Eye Contact:**
  + Maintain eye contact during the presentation.
* **Slide Design:**
  + Keep slides simple and clean.
  + Minimize distractions; avoid unnecessary animations.
  + Trim text to essential bullet points.
* **Time Management:**
  + Use roughly one slide per minute.
  + Avoid exceeding 10 slides for a 10-minute talk.
* **Minimize Stress:**
  + Submit slides to AV technicians early.
  + Familiarize yourself with equipment beforehand.
* **Audience Awareness:**
  + Pay attention to audience engagement; adapt if necessary.
* **Passion and Engagement:**
  + Inject excitement and passion into the presentation.
  + Communicate science clearly and enthusiastically.
* **Handling Questions:**
  + Let questioners finish before responding.
  + Address the actual question directly.
* **Timing of Talk:**
  + Be mindful of timing cues.
  + Start wrapping up when signalled, don't rush through remaining slides.