



What Irritates, Annoys or Distracts you about Presenters on TV or Online?


Develop simple clarity behind your like/dislike reasoning.

- ▶ They may well be habits you've seen yourself do, they may be something new.
- ▶ It may be what you sense, what you hear or what you see.

1. What distracting habits irritate you, big and small?
2. What specific habits have you seen/heard presenters use that irritate you?
3. What is it about a specific presenter that makes you want to turn them off?
4. What things do you notice you may do yourself?
5. What impact do you think that could have on your audience?
6. Do you think that you might irritate them too!?
7. What Production distractions irritate you – for you to avoid? – lighting, sound, backgrounds etc.

Get consciously specific...

▶ What you see – the Visual aspect...
▶ What you hear – the Vocal aspect...
▶ The choice of words – the Verbal aspect....



Common Distracting Habits of Presenters

▶

Specific Distracting Habits I notice are...

Visual – e.g. repetitive hand movements/body shifting/ dead eyes/stiffness etc.

Vocal – e.g. repetitive voice pattern/too quiet/mumbling etc.

Verbal – e.g. crutch words/no key point/rambling/unclear message etc.

Production Distractions for Me:

Set up: _____

Lighting: _____

Sound: _____

Be direct with what distracts you, instinctive about what irritates.



MY NOTES...

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