

When it comes to presenting a project, stress can be an incredibly draining feeling. However, through adaptation, maintaining a sportsmanlike attitude, and enhancing our skills, we can overcome stress and deliver successful and engaging presentations. Suddenly, the screen froze, and I couldn't display the carefully prepared PowerPoint slides. Watching my colleagues observing me, and knowing that my presentation would be evaluated, added pressure to my mental burden. I have experienced this feeling myself on several occasions, which forced me to think about its impact and how to deal with it. In the last time I presented a project, I felt the tension creeping into every cell of my body. It is a natural feeling that .can affect our performance