

Conquer the Fear of Presentations and Promotional Interviews



Communication Impacts Perception

We are living in a time where more and more responsibilities are being placed on first responders. To ensure success, leaders who strengthen their communication skills will powerfully impact their ability to influence public perception, while retaining and motivating their officers.



Command staff must be able to master communication skills by leading impactful meetings and briefings, building strong relationships with the POA and City Council or the Board of Supervisors, explaining the constant systems of accountability that are placed on their employees and strengthening the perception of the department in the community.

According to StatisticBrain.com, the fear of public speaking is the greatest fear of human beings. Having a plan and practicing helps people overcome this fear. A prepared presenter, exudes confidence, retains their employees, holds people accountable and boosts morale and officer wellness.

Over my past 25 years working with first responders, I've uncovered tips to ensure that any fear of presentations and promotional interviews can be overcome - AND - how you can land the presentation or the interview every time.

I call this the Miller Mindset Method.

Whether you are leading a briefing, presenting to command staff or the community, or during an interview, you can conquer the fear of public speaking and you will enhance your performance.

Read on to find out my ten steps to fight fear and excel when communicating!

10 Steps to Fight Fear and Excel When Communicating (cont.)

1. UNDERSTAND THAT NERVES ARE NORMAL. Even the most talented speakers get nervous. According to Statisticbrain.com, the fear of public speaking is the number one fear in human beings. It is okay to be afraid, it means you care about your performance. You can harness that nervous energy to enhance your presentation.

2. STOP THINKING ABOUT HOW YOU FEEL AND GET INTO THE MINDSET OF YOUR AUDIENCE. The most important thing for any presenter to do is to understand who their audience is and what they need from you. Stop thinking about how you feel and spend time thinking about who is in your audience and what they want from you.

3. START YOUR PRESENTATION WITH THE SAME EXACT WORDS. Every time that you practice, say the first three sentences the exact same way. When you are in the interview or presentation, your brain will realize that you have done this before, and you will automatically relax.

4, GET MORE SLEEP. Take the day off work before your interview or presentation. Get lots of sleep. Assume that you will not sleep the night before because of nerves and prepare to sleep well two nights before the event.

5. APPEARANCE MATTERS. When you feel like you look good, you will have more confidence and that will make you less nervous. Plan what you are wearing ahead of time. Make sure you feel confident in your appearance.

6. PRACTICE OUTLOUD REPEATEDLY. The more that you rehearse, the calmer you will be on the day of the presentation.

10 Steps to Fight Fear and Excel When Communicating (cont.)

7. CUT OUT THE NEGATIVE ENERGY. Everyone has negative people in their lives. Don't speak to those people several days before your interview or presentation. When you are in a positive space, you will be more confident and less nervous.

8. POSITIVE SELF TALK MATTERS. Spend a few minutes alone before you begin. Tell yourself that you are prepared. Think about how many obstacles you have overcome in your life. Imagine delivering a powerful, confident presentation.

9. MUSIC MOTIVATES. While driving to the presentation, play your favorite music. Play it loud. Get in the zone of positive energy. While singing your heart out, decide that you are going to knock the interview or presentation out of the park.

10. HAVE FUN. Decide that you are going to enjoy the process of the presentation or interview. When you focus on your message and enjoy delivering it, you will be present in the moment and won't be focusing on how you are being perceived.

Now that you know what to do, put a plan in place to make it happen!

And remember to let me know how your next presentation goes when you use these tips. Just send an email to tracy@tracymotivates.com.

About Tracy Miller

Tracy Miller is a prosecutor with over 25 years of legal experience and she is currently the highest-ranking woman in the Orange County District Attorney's Office. Tracy also initiated and leads the Orange County Gang Prevention Partnership (OC GRIP), the largest gang prevention program in the United States.

Tracy has prosecuted hundreds of cases throughout her career and currently supervises over 150 attorneys and paralegals. She has completed over 80 jury trials. Tracy is a POST certified Instructor and has provided legal training to thousands of law enforcement officers in the last two decades.

Tracy began her career as a law clerk for prosecutors Marcia Clark and Christopher Darden on one of the most visible cases in our nation's history...the OJ Simpson case.



Tracy is a law enforcement interview coach hundreds of officers have turned to Tracy for training to help them attain their next promotions, write more inspiring and results-generating speeches, and to hone their public speaking and presentation skills.

Adjunct professor for Chapman University

2007 Santa Ana Police Department's Medal of Excellence

2009 Orange County Human Options Award for Excellent Service

2010 Orange County Ambassador of Peace Award

2012 Orange Police Department's Medal of Honor

2013 Orange County Department of Education's Community Service Award

2017 Raise Foundations Champions of Children Award

Member of the Orange County Bar Association Board of Directors

Ready to take your public speaking skills to the next level?

I offer one-on-one interview coaching to help you prepare for the next promotion, as well as to prepare for presentations.

I also provide department wide communication coaching.

To see how I could help you build up your speaking skills or interview skills, book a free consultation call below.

Book Your Free Call

"I thought I was pretty good at the promotional process and enjoyed some success in the past; however with Tracy's help, I took it to another level and never looked back!" - Captain Frank Nunes, Buena Park Police Department

"Tracy is an exceptional person, professional development coach and mentor that helps you bring out the best in you. Her approach for preparing you for the next level is 'hands down' one of the best in the business. If you want to have the best opportunity for professional growth and success, Tracy Miller is your coach!" - Steven Romero, Chief of Police-Select Ontario Police Department-Oregon.

"A high ranking member of my department suggested I visit Tracy years ago and I didn't, I thought I knew better. I bombed the next promotional testing process. I finally went to see Tracy and she rocked my world, I was at the top of the Sergeant list. She was worth every penny and I have suggested her to many co-workers. I will definitely see her again in the future." – Brian Gray, Seal Beach Police Department

"I hired Tracy to help me prepare for my Captains promotional exam. Preparing me for the oral interviews was a small portion of what she achieved. Tracy was a confidant, a mentor and friend. She is committed to her clients' success. I cannot recommend Tracy enough." - Will Deplitch, Hayward Police Captain