

# 5 Components to SMART™ Presentations

**S** **Sensory:** Learning is both practical and experiential. Presentations intentionally target more than the 5 senses (touch, taste, smell, see, hear)—including movement, emotion and imagery—to increase audience engagement.

**M** **Metacognition:** Presenters leverage the relevance of reflective thinking. Begin statements and stories with 'Think about...' to trigger brain activity. Spark reflection with 'How does...?'

**A** **Accessibility:** Put the cookies on the bottom shelf. Deliver your message in an **Unforgettable**, **Practical** and **Simple** way (**UPS**) with easy to implement and catchy techniques. **NAME** the strategies you teach for easy reference and recall.

**R** **Restrictions:** Less is more. Boundaries create safe learning conditions. Autonomy and choice motivates, but too many options halt action.

**T** **Transcendent:** Our methods go beyond camps and categories. The battles between the Old Way and New Way polarize. The future is the Third Way, which is the SMART™ Way.

