Note that no one size fits all—tailor to your audience. You can tape yourself with a phone but by all means practice. Here are some tips on power points, visual aids, and stance/address to audience:

1) Brighten up, assume you are briefing intelligent people. Don't assume you have to teach them everything.

2) Guide the audience, don't read to them. Use text as visual cues if you can.

3) On visuals, don't spell out everything in points but put up cues.

4) Don't overcrowd visuals with text. Use 3-4 bullets or sentences or cut back/break up.

5) Special effects are potential problems so be cautious. Avoid dancing text etc.

6) Look at audience, not visual aids/screen. Scan the audience, amble a bit.

7) Make sure colors are readable, tricks work.

8) Be assertive, own the room, set ground rules, use pauses.
But if you are sick, not feeling well, it's OK to say so, sit down.

What have you learned from giving or seeing presentations about what makes a briefing effective?