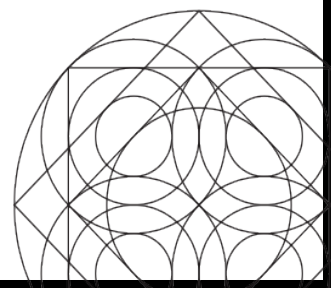
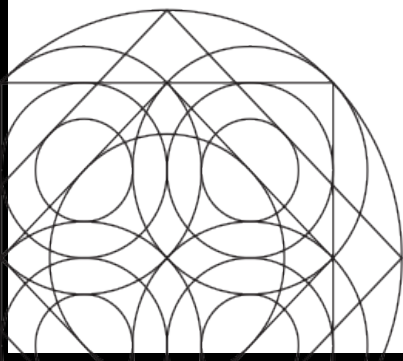


BODY

Language



Body Language

NON VERBAL CUES

Presentation and body language account for 55% of your entire communication message so its super important to get these right

Nonverbal cues / body language are 12-13 time more powerful than accompanying content

My top 10 hand gestures

The Counter

Anytime you mention a number, motion it with your hands. Hold your fingers out solidly at shoulder level and don't wave them around!

The Measuring Stick

Use your hands when talking about size or growth

That's Final

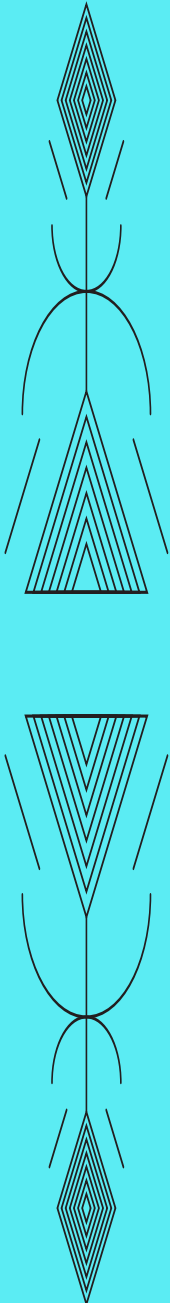
Want to seem authoritative and not aggressive? This gesture is for you. Waist-height slow sweep out from your arms (crossed over like an X) to arms spread out. this gesture says "That's final!"

The Power fist:

A clenched fist creates a powerful connection to phrases like "We totally did it" or "We'll make this work".

The Heart Press

Whenever you talk about an emotional or sensitive topic, you want to touch your heart area



Body Language

HAND GESTURES

Finger Highlight

Touch your forefinger and thumb together, then gesture slightly with those two fingers forward

Deal The Deck

Open palm, held upwards, and then act as if you're throwing a card to an audience member.

The Politician Point

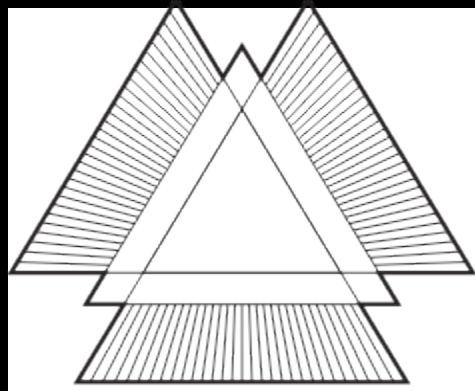
where you keep your finger tucked down into your fist but still motion in the way you would a point.

Holding Space

So if you're talking about client A you would motion your hand up and to the left hand side, and when talking about Client B you motion down to the right. Now whenever you come back to Client A or Client B, with a simple gesture of the hand, the audience knows who you're referring too.

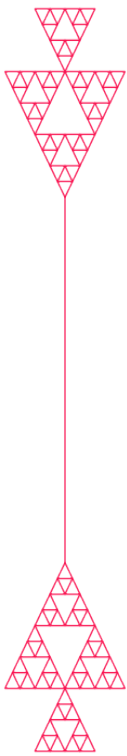
Your Own Unique Gesture

You can always come up with your own unique and authentic gestures to use as key performance markers throughout your message.



Body Language

HAND GESTURES



Now its up to you.

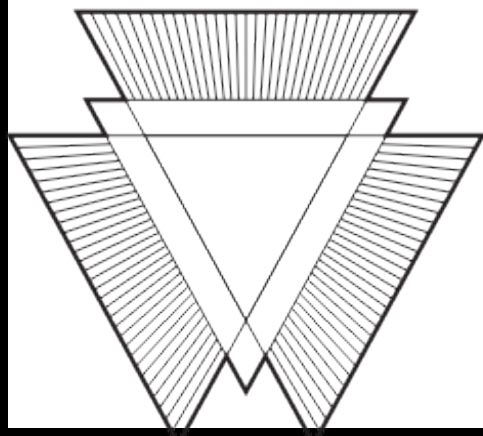
Choose one hand gesture to work into a conversation today

Just by brining conscios awareness to your hand gestures you'll become more deliberate with how your use your hands to emphasise your point.

By working them into your everyday conversations they'll become a much more natural movement, then when you're giving a big performance, it will seem second nature.

Repeat this exercise every day this week using a different hand gesture.

Be bold



Body Language

BODY MOVEMENTS

High Power Poses

Open and expansive - put your arms up after a victory

Square shoulders and sit up straight

Lean forward about 15degrees

Take up a lot of space, whether sitting or standing. Rest arms on arm of chair, put hands on chairs next to you to expand and take up more space

*On a stage, the position of power is usually in the **centre of stage**.*

Low Power Poses

Low power poses are anything that makes you shrink and take up less space

Hunch shoulders

Crossing arms and legs

Hunching over

Touching your face

*On a stage, a position of low power is generally at the **back of the stage**, or far into the corners, or standing in front of a distraction*

Now its your turn. This week bring conscious awareness to your posture and enlist the help of a high power pose the next time you need a little extra confidence.

Say you have a meeting at work that you need to shine in, or even a difficult conversation at home that you need to navigate successfully, use a high power pose to help make your point.





Body Language

BODY MOVEMENTS

A Word on Walking

Don't walk during a big moment

Stand still for any punchlines, critical moments

Don't walk on important moments, or anything that has weight

If you are going to stand or sit, plant your feet shoulder width apart

Walk when you're making a transition to a new idea

Your performance starts the minute that the audience sees you

Gestures to Avoid

- *POINTING*
- *HANDS ON HIPS*
- *ROCKING*
- *FROZEN BY A PODIUM*
- *CROSSING YOUR ARMS*
- *FIDGETING*
- *TURNING YOUR BACK*
- *FIG LEAF*
- *HANDS IN POCKETS*
- *LOOKING ON YOUR PHONE*

Knowing what you should be doing with your body and when, will eliminate nervous movements

Remember: If you're smiling, enthusiastic and passionately waving your arms about, the audience won't be able to help but get wrapped up in your enthusiasm