

## #3

## Physical Movement

Figure out what will augment your presentation vs. what will distract from your presentation.

### *Physical Movement*

- Shifting feet conveys nervousness
- Pacing back and forth is acceptable, just don't overdo it!
- Avoid repetition (same hand gesture for everything)

### *Body Language*

- Natural movement enhances delivery
- Hands attract the eyes
- Match your gestures to verbs
- Avoid hiding behind a podium or notes (i.e. "glued to...")
- Do not allow your movements to distract from your message

### *Eye Contact*

- Builds rapport
- Encourages trust
- Demonstrates confidence
- Involves listeners
- Reinforces your message
- Be sure to look at multiple individuals (don't focus on only one leader)
- Look at more than one spot in the room

#### How We Communicate

10% = Words  
45% = Tone & Inflection  
45% = Body Language

## Check It Out!

4 essential body language tips from a world champion public speaker

Cassandra Worthy - Steady Disruption is the New Status Quo