



Body Talk

ASC advice on gestures

Speakers project information about their meaning, confidence, and intentions through their gestures. Taking control of this part of communication is a huge step forward for any speaker. Here are some tips on four important ways that your presence and movement can support your message and influence your audience.

Gestures	Facial Expressions
<ol style="list-style-type: none"> 1. Open and outward to display your genuine desire to connect with your audience 2. Elbow away from the body to show confidence and comfort 3. Definitive and controlled to support your message delivery – give them time to see the gesture 	<ol style="list-style-type: none"> 1. Smile. This says that you are happy to talk with the audience 2. Practice your expressions, make them obvious for your audience and put reminders in your notes 3. Ensure the emotion from your face matches the meaning from your words
Presence	Eye Contact
<ol style="list-style-type: none"> 1. Approach the speaking platform calmly and take time for setup 2. Relax your posture – open shoulders, head tilted very slightly upward and unlock your knees 3. Use your space purposefully as you move through your speech to engage with your audience 	<ol style="list-style-type: none"> 1. Do it! Don't look at foreheads, mouths or anything else. Eyes! 2. Rest on a person for a few moments, engage, then move on 3. Turn your shoulders and hips with your eyes to retain vocal stability – if you just turn your head your voice will change slightly!

Finally, find a station position for your hands. Constantly moving them, putting them in pockets, clasping them, gripping the lectern, all risk communicating something unintended to your audience (nervousness, agitation, etc.).

One hand softly resting on the other, palms upward, below the navel. One hand by your side with the other closed softly at the navel. Hands together below the navel with fingertips outstretched and touching each other (the steeple). All of these are possible stations, explore and test until you find what is comfortable for you.