



Speechcraft 2012

Using Body Language



Body language consists of

- ▶ Facial expressions
- ▶ Gestures
- ▶ Whole body movement



Your face communicates

- ▶ Attitudes
- ▶ Feelings
- ▶ Emotions



Good eye contact communicates

- ▶ Sincerity
- ▶ Attention
- ▶ Honesty
- ▶ Confidence
- ▶ Respect



Types of Gestures

- ▶ Conventional
- ▶ Descriptive
- ▶ Emotional



Vary Your Position

- ▶ When making a point, walk closer to the audience
- ▶ When changing the topic, walk to one side of the room
- ▶ When asking a question, walk toward the audience



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