



Body Language Best Practices

In Person

- ✓ *Move with meaning*
- ✓ *Don't wander aimlessly*
- ✓ *Use entire performance space*
- ✓ *Change location as a transition*
- ✓ *Stay planted when delivering key takeaways*
- ✓ *Use slides as cues not crutches*
- ✓ *Avoid the laser pointer - use your arm instead*
- ✓ *Consider yourself a tour guide through your information and physically indicate where the audience should focus their attention*

On Camera

- ✓ *Gesture naturally but be aware of frame size*
- ✓ *Gestures on a tight shot will distract – keep them low*
- ✓ *Don't sit on your hands*
 - ✓ *We speak with our words, our tone of voice AND our bodies*



Creating confident communicators who speak with impact.

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KEY TAKEAWAYS

- ✓ If you are thinking about what your hands are doing, you are thinking about the wrong thing. Focus on the message and your body will follow.
- ✓ Use your body language to speak to the entire room. If it's a big space, allow your gestures to reflect that. Project to the back row physically.