Connect With Your Audience

- Avoid scanning: it causes a ‘fight or flight’ response
- Focus your eyes: one thought – one person
- Transition to the next pair of eyes in silence
- Benefits:
  - Decrease nervousness
  - Avoid distraction
  - Minimize filler language such as “um”, “eh”, “so”
  - Pace yourself appropriately
  - Relate to audience

Manage Your Physical Presence

- Hands
  - Use specific gestures to reinforce your message
  - Hold gestures for emphasis
- Face
  - Match your facial expressions to your message
  - Focus your eyes; complete your thought
- Voice
  - Vary your volume, tone, pitch, and pace to engage the listener
  - Pause for emphasis either just before or just after a key point
- Stance
  - Stand with your feet hip-width apart, or sit with an engaged posture
  - Open your arms and hands in the gesture zone
  - Move only with a purpose

To learn more, visit www.exec-comm.com/public-programs/presenting-with-impact or email Ching Valdezco at cvaldezco@exec-comm.com