

Nonverbal Cues to Consider When Delivering a Speech

Nonverbal Cues

- **Be conscious of facial expressions:**
 - Use them, show emotions.
 - Smile if appropriate.
- **Maintain eye contact:**
 - Very important!
 - Look at the audience.
 - If speaking in a large room, mentally divide the audience into segments and try to look at each segment.
 - Check your visual aids, but don't read them word-for-word.
- **Use gestures:**
 - The upper body: your head, arms, and hands are effective.
 - Avoid standing completely still.
 - Use natural hand motions.
 - Keep the outline on podium; don't flail your notes around.
- **Be aware of posture:**
 - Try to look natural and at ease
 - Stand up straight, but not to the point of looking uncomfortable
 - Avoid slouching, it looks sloppy
 - Don't shuffle your feet
 - Don't rock back and forth or side to side
- **Dress to impress:**
 - Consider the occasion, audience, and image you want to convey.
 - Don't look sloppy.
 - Wear something comfortable so you are not tugging at your clothing.

