



10

POWERFUL BODY LANGUAGE TIPS

for your next presentation



To give you confidence in presenting to a group



The infographic features a large teal number '1' on the left. To its right, the text reads: 'TO BOOST YOUR CONFIDENCE DURING YOUR PRESENTATION, OPEN YOUR CHEST AND ARMS AND KEEP YOUR BACK STRAIGHT. THIS POSITION WILL MAKE YOU BREATHE BETTER AND YOU'LL FEEL MORE RELAXED.' Below the text is a teal silhouette of a woman with her arms outstretched, surrounded by a trail of colorful butterflies (teal, orange, and blue) that flow from her towards the right. In the top right corner, there is a logo for 'SoaP' with the tagline 'SOAPS OF THE ART PRESENTATIONS'. At the bottom right, the website 'WWW.SOAPPRESENTATIONS.COM' is displayed on a teal background.

1 TO BOOST YOUR CONFIDENCE DURING YOUR PRESENTATION, **OPEN YOUR CHEST AND ARMS AND KEEP YOUR BACK STRAIGHT.** THIS POSITION WILL MAKE YOU BREATHE BETTER AND YOU'LL FEEL MORE RELAXED.

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Make your participants feel comfortable with you

Soap
STUDIO OF THE ART PRESENTATIONS

TO MAKE
YOUR AUDIENCE
COMFORTABLE,
SIMPLY
SMILE
AT THEM.
SMILING IS OUR MOST
POWERFUL WEAPON.

2

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To engage with people in the Group



3

TO ENGAGE PEOPLE, GESTURE WITH YOUR
ARMS AND HANDS
IN A NATURAL WAY,
AND LOOK YOUR AUDIENCE
IN THE EYE.
PEOPLE TEND NATURALLY TO
PAY ATTENTION
AND TO LIKE PEOPLE WHO
LOOK THEM IN THE EYE.

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To establish your role as Facilitator

TO DEMONSTRATE
**AUTHORITY,
KEEP CALM**
AND USE SMALL AND STIFF GESTURES.
THIS WAY PEOPLE WILL
TRUST YOU
AND VIEW YOU AS
A CONFIDENT PERSON.

**KEEP CALM
AND
CARRY ON**

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4

Move around to make key points



5  **WALK IT.**

TO BRING MOVEMENT TO YOUR SPEECH,
USE THE PHYSICAL SPACE YOU HAVE AVAILABLE AND

FOR EXAMPLE, IF YOU'RE PRESENTING THREE POINTS,
TALK ABOUT POINT A WHEN YOU'RE AT YOUR FIRST POSITION;
THEN MOVE OUT 2 OR 3 STEPS AND TALK ABOUT POINT B;
THIS WAY, A MOVEMENT THAT INCLUDES SPACE WILL ACCOMPANY

YOUR SPEECH.

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To keep participants attention

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TO KEEP YOUR AUDIENCE'S ATTENTION,
VARY YOUR GESTURES
THROUGHOUT THE PRESENTATION.
OPEN GESTURES, SMALL GESTURES.
GESTURES THAT INVOLVE YOUR

HEAD, ARMS AND HANDS,
GESTURES THAT INVOLVE ONLY YOUR HANDS,
OR ONLY YOUR HEAD, BROAD GESTURES....

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If using a projector or board:



7 TO DRAW ATTENTION TO A CERTAIN ELEMENT OF THE PRESENTATION, **POINT DIRECTLY AT IT AND LOOK AT IT ON THE SCREEN** AT THE SAME TIME. YOUR AUDIENCE WILL FOLLOW YOUR EYES AND FINGER.



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To encourage questions and discussion



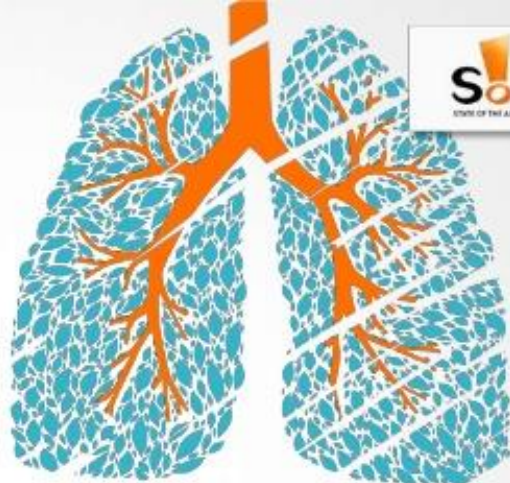


TO ENCOURAGE AUDIENCE PARTICIPATION,
USE OPEN GESTURES
AND IF POSSIBLE
WALK AROUND AND TOWARD PEOPLE.
WE TEND TO PARTICIPATE MORE WHEN
WE HAVE PROXIMITY TO A SPEAKER.



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To make hard questions seem easier



TO MAKE A HARD QUESTION SEEM EASIER,
PAUSE, BREATHE SLOWLY
(THIS WILL GIVE YOU TIME TO THINK)

AND THEN
**ANSWER WHILE LOOKING
THE QUESTIONER IN THE EYE.**

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To ensure your participants are with you all the way



The infographic features a large orange number '10' on the right side. To its left, there is a cluster of orange thumbs-up icons. On the far left, a blue silhouette of a human head is shown in profile, with gears and a target symbol inside, representing thought and strategy. The background is light gray with a subtle grid pattern.

10

TO MAKE YOUR AUDIENCE BUY YOUR STORY,
USE POSITIVE GESTURES

DURING THE ENTIRE PRESENTATION:
**NODDING, OPEN GESTURES,
SMILING, MIRRORING, ETC.**

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