

7 Harmful Habits

Hiding Harry

Reads notes/powerpoint
Hides behind furniture/props/body
Avoids eye contact
Closed body language



Hello Harry!

Prepares properly + Sparse/Simple notes on podium – remove barriers
Ground, Sternum, Balances space/stage
Stays connected: Makes real eye contact – thinks while connected
Open Body

Shifting Sam

Paces + Wanders aimlessly
Fidgeting, Fiddles
Weight is uneven/unbalanced/Shift weight



Solid Sam!

Moves with purpose
Gesture with an alive way – alive arms
Grounded, balanced weight

Agressive Annie

Talks « at »

Pretends bigger space
- Volume (too loud)
- Eyes (doesn't make eye contact)



Approachable Annie!

Starts by acknowledging the room - Listens

Acknowledges space
Lets words land in hearts
Starts with eye contact – takes them in
Focus on active listeners

Quiet Quentin

Too soft
Mumbles
Speaks fast
Swallows end of sentence



Quite Loud Quentin!

Breath Support – Travel
Over Articulates
Focus on why he's speaking
Sees last word land

Pleasing Patricia

Leans in: - Neck / Head
- Body

Apologizes:
- Language
- Upspeak



Powerful Patricia!

Stands Straight
Invites in

Chooses her words carefully
Prepares and speaks with conviction

Fried Fred

Breathes out THEN speaks
Vocal damage from pushing



Flowing Fred!

Lets voice ride breath

Speeding Sally

Holds breath while speaking
Way too fast
Links thoughts



Sedate Sally!

Intention
Inspiration

