



SPEAKERS BODY LANGUAGE CHECKLIST

Rate the your own performance in each area and see which ones you need to work on.		Poor	OK	Good
Openness & Passion	power stance – relaxed and upright			
	standing hip width apart on balls of feet			
	shoulders back and chest open			
	leaning forward in chair when sitting			
	open hands with palms visible			
	looking at ALL the audience			
	wide and appropriate hand gestures			
	facial expressions and tilting head			
	variable voice – pitch, pace, pause and projection			
Signs of Nerves	fidgiting with pens pointers, etc			
	wringing or clenched hands, picking at thumb			
	playing with jewellery, hair, etc			
	pacing up and down or the 'speaker's samba'			
	arms folded or hands on hips			
	pointing with fingers or fist			
	frowning, darting or squinting eyes			
	rubbing back of neck			