



Gestures

Body Language consists of

- Facial Expressions
- Gestures
- Whole body Movement

Facial Expressions

Your face communicates

- Attitudes
- Feelings
- Emotions

Good Eye Contact communicates

- Sincerity
- Attention
- Honesty
- Confidence
- Respect

Three types of Gestures

- Conventional (symbols for words eg Stop, numbers)
- Descriptive (length or shape)
- Emotional (shaking a clenched fist—anger, determination; throwing hands upon the air – dismay; shrugging the shoulders—indifference)

Whole body Movement

- Walk closer to audience when making a point.
- When changing topics, walk to one side of the room.
- When asking a question, walk towards the audience.