

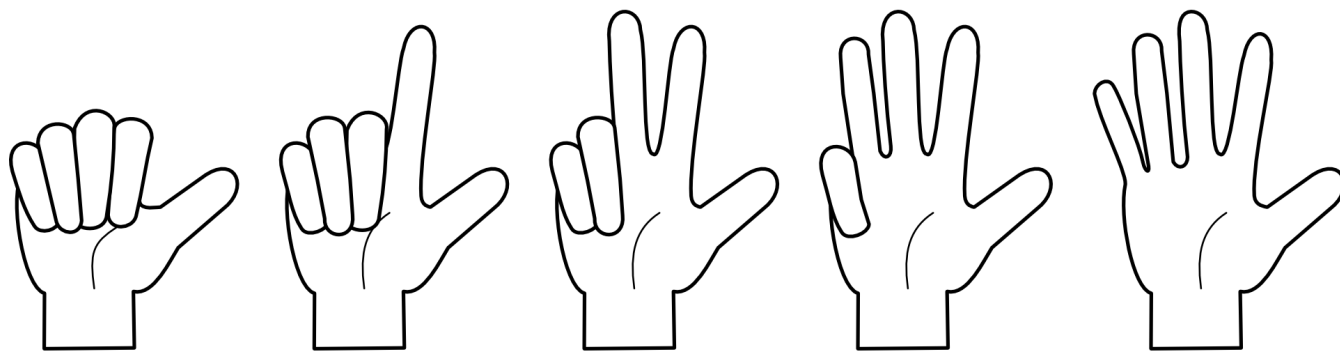
T.I.P.S.

The Speaking Center Presents: Techniques to Improve Public Speaking

To schedule an appointment visit: <https://www.csusb.edu/speaking-center-jhbc>

Convenient and simple techniques or advice to help improve in a variety of public speaking areas.

What the heck do I do with my hands?



1. Give your hands a place.

A good rule of thumb (pun intended) is to place your arms and hands by your sides in a relaxed way. This helps you look comfortable, confident, and puts your audience at ease. Sometimes when we're nervous, we fidget with our hands, but this can be very distracting to audiences. Be conscious of your hand placement and placing them at your side will eventually become second nature.

2. Give your hands a purpose.

After you've become comfortable with placing your hands at your sides, you can practice with movements and gestures. Your hands are a powerful tool for nonverbal communication. You can use them to emphasize important words or give them more meaning. A tip from Sabrina Nawaz of Inc.com suggests that you "air out your armpits" by performing large movements that take your hands further away from your body. Big movements help make your gestures more noticeable, which helps you emphasize your points more.

3. Give your hands power.

Whatever you do, do it with confidence. Your hands are powerful, which means YOU have power! During a Tedx Talk, psychology professor Allan Pease discusses how moving your hands with your palms face (as opposed to face down) up immediately increases your influence and persuasiveness. You appear more genuine and less threatening. Such a simple factor (palms up instead of palms down) can change how people perceive you and the power of your words. Being conscious, intentional, and of course practicing will all help you be a more confident, more purposeful, and more powerful speaker!