

THE  
**CONFIDENCE**  
— CLUB —

Presents



Your Guide to:  
**Gesture Mastery**

## Core Principle

# Your Hands Tell a Story

Every gesture you make leaves an impression on your audience. Once you know this, you can decide what you want that impression to be.

### Common Mistakes



#### **Nervous Ticks**

Touching your face, fiddling with hands or making yourself small.



#### **Aggressive Gestures**

Pointing at people or/and using a lot of downward palm gestures.



#### **No Gestures**

Presenting as a talking head for long periods of time – it's boring!



#### **Incongruent Gestures**

Hand movements that don't match or contraindicate your words.

### Emotional Impact



#### **Friendly**

Use open palm gestures to appear trustworthy and transparent.



#### **Confident**

Use big gestures and fully commit with your movements.



#### **Excited**

Lift your hands above shoulders and increase speed of gestures.



#### **Emotive**

Slow down your movements and gesture in 'heart space'.

### Creating Imagery



#### **Listing**

Use your fingers to define your different points clearly.



#### **Left & Right**

Use your left and right hand to symbolise different points.



#### **Light Charades**

Use descriptive gestures to act out part of your stories.



#### **Message Gestures**

Create a hand movement that supports your key message.