



Presents



Your Guide to:  
**Body Language Mastery**

## Core Principle

# *Your Body Speaks the Loudest!*



### **Stance**

Use movement strategically to create clarity.



### **Gestures**

The power to build trust is in your hands.



### **Expression**

Show rather than tell through your expression.

## **Stance**

### *Anchor ideas, places or feelings.*

Anchoring is when you **associate a certain spot or area** of your stage with a specific idea, place or feeling. Moving strategically in this manner not only create clarity for your audience but it also stimulates a **subconscious connection**.

## **Gestures**

### *The 3 Fundamentals!*

1. **Position:** Your hands communicate a different message when they are held **low, high or at waist level**.
2. **Palms:** The open palm gesture is the key to helping you **build trust and rapport** with your audience.
3. **Size:** Most speakers only gesture close to their body. Stand-out by making your gestures **BIG and BOLD**

## **Expression**

### *Show how you feel!*

Connect further by **expressing the emotions you feel**. There are at least **6 universal facial expressions**. Use them in your storytelling, pitching and workshops to connect with anyone around the globe.