

## S O L E R

### Remembering effective body language

**S** ***Straight posture***  
Stand straight to communicate confidence: Check your posture.  
Are your legs communicating confidence?

**O** ***Open posture***  
Communicate openness through your arms and legs.  
Are the gestures calm and purposeful?

**L** ***Leadership***  
Have you embraced your leading role as speaker?

**E** ***Eye contact***  
Maintain comfortable and balanced eye contact with various members  
of the audience.  
Is your expression friendly?

**R** ***Relax – Relax – Relax***  
Is your general expression relaxed?  
Remember to do deep breathing exercises.  
Remember to do stretching exercises to relax the body.