

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.