(BUG1E2)

Posture

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Posture **conveys** your confidence and readiness.

Bad posture **conveys** nervousness and discomfort.

Avoid this posture:

Sitting down

Avoid this posture:

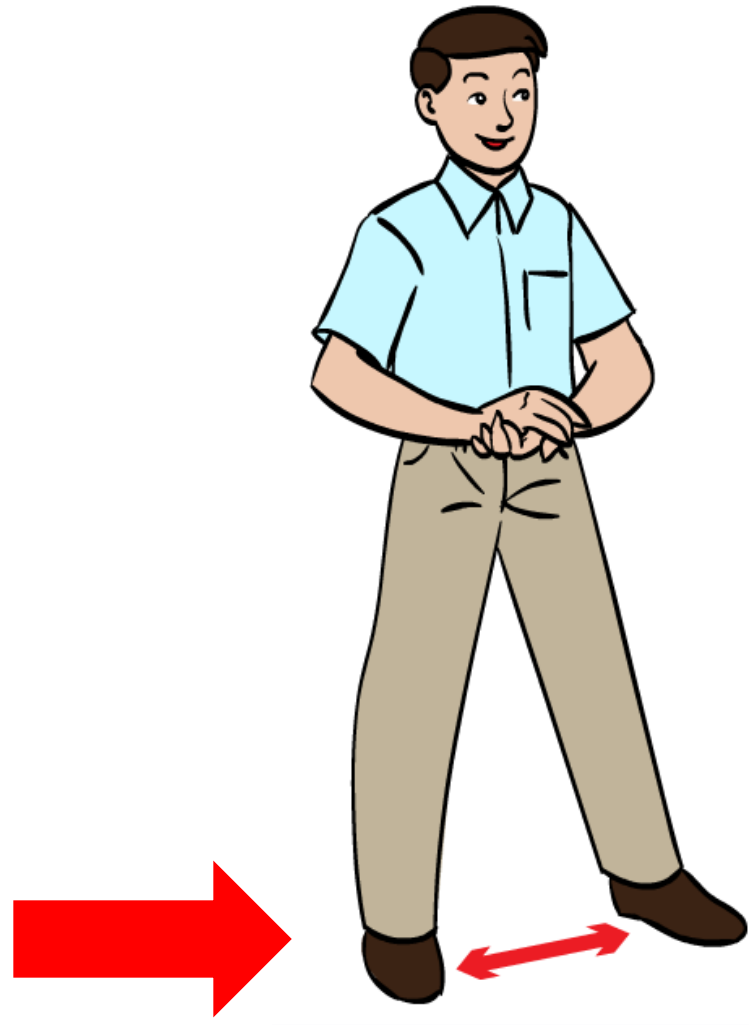## Standing behind the table

Avoid this posture:

Slouching or leaning

There are four simple steps to have a good posture for your presentation.
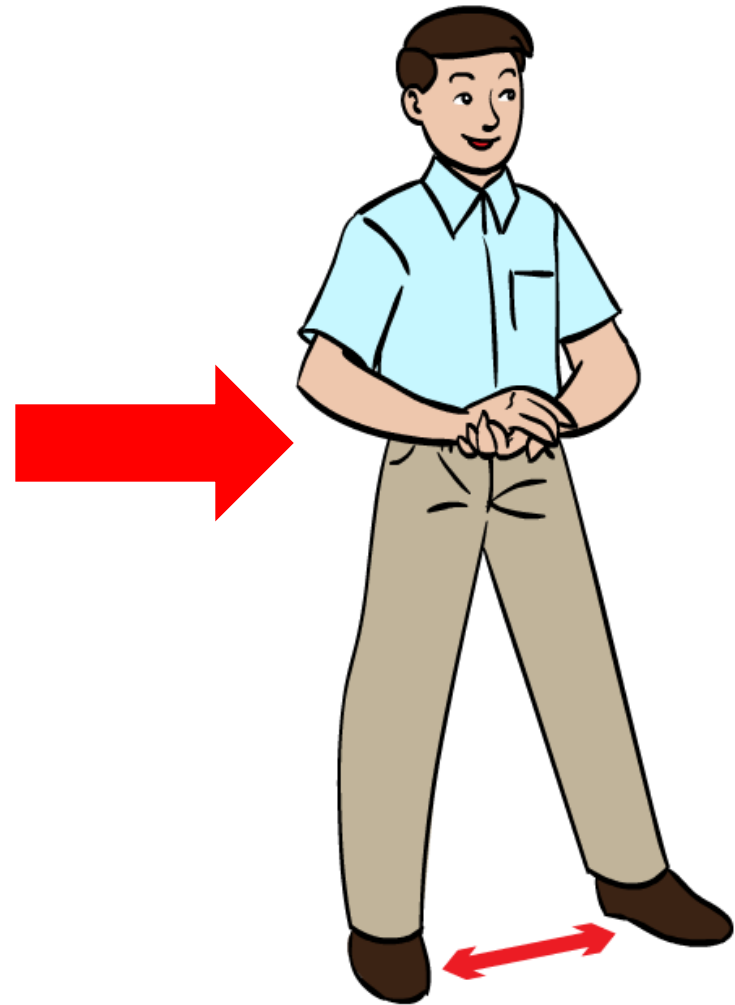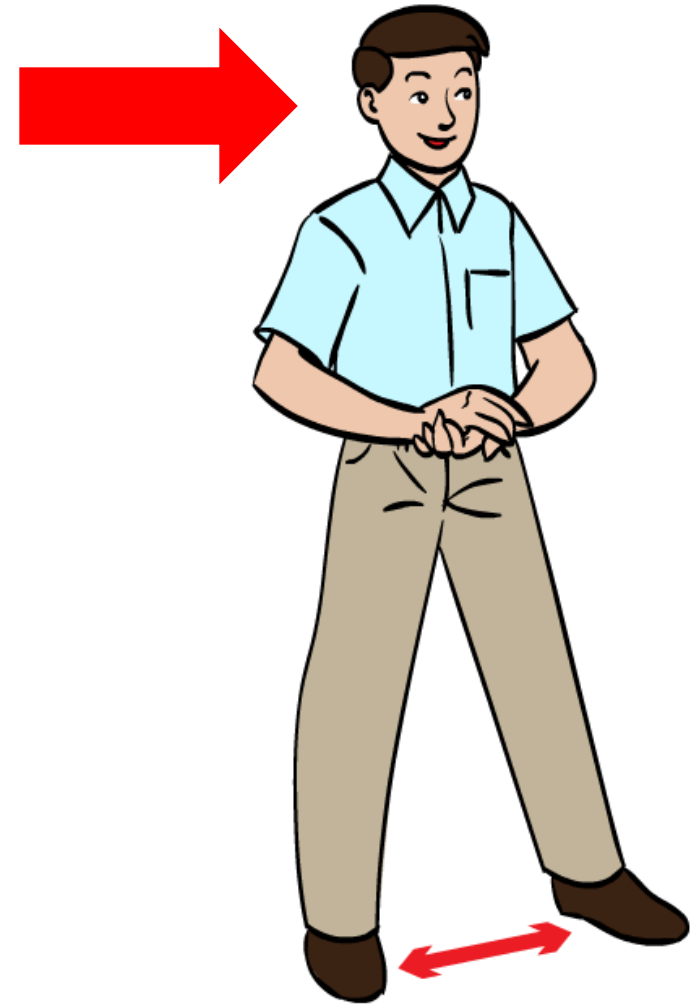
Step 1

Set your feet and shoulder width apart.

Step 2

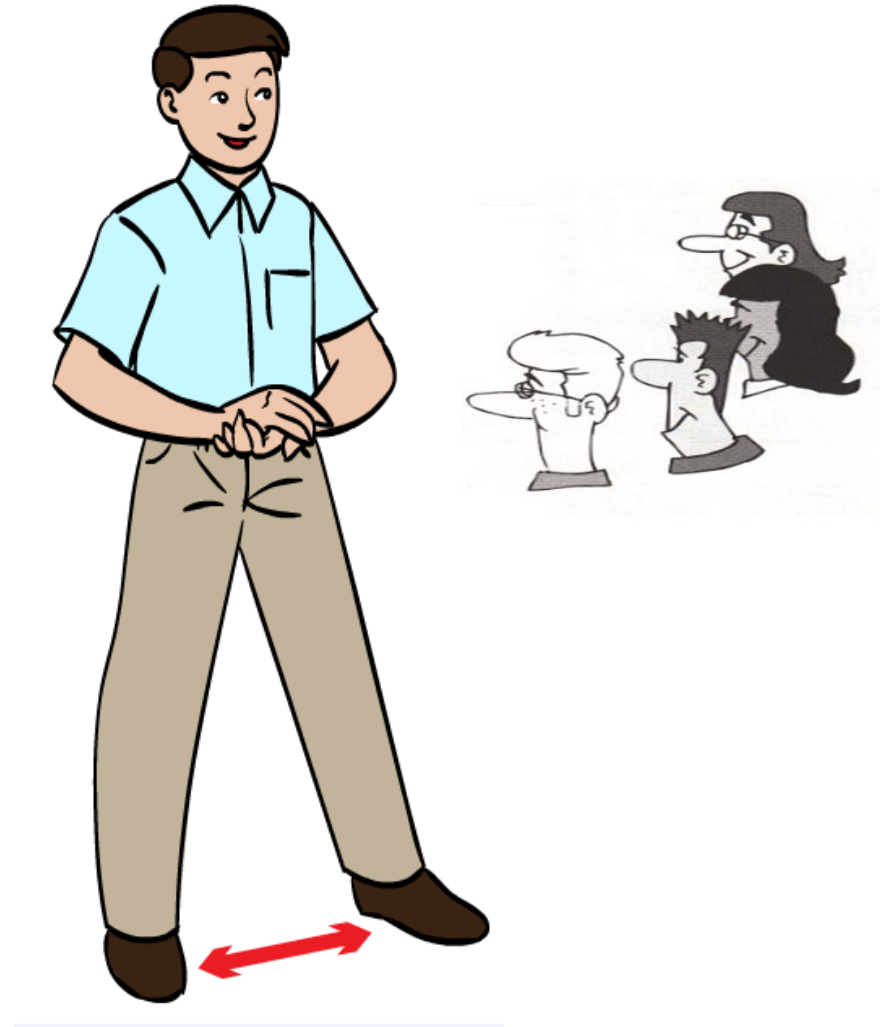Set you hands. Clasp hands lightly together about waist high.

Step 3

Look at your audience.

Step 4

Begin with a loud voice.

Practice these four steps:

1. set your feet,

2. set your hands,

3. look at your audience,

4. begin with a loud voice!

References

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3. LeBeau, C. & Harrington, D. (2003). *Getting Ready for Speech: A Beginner Guide to Public Speaking.* Oregon: Language Solution, Inc.

4. Powell, Mark. (2010*). Dynamic Presentations*. Cambridge: Cambridge University Press.

5. Powell, Mark. (2002). *Presenting in English: How to Give Successful Presentations*. Boston: Thomson.

6. Reinhart, Susan M. (2013). *Giving Academic Presentation*. 2nd Edition. Michingan: The University of Michigan.