

10

simple tricks
to become a *better*
Public Speaker



MARC ISRAEL

Use your
ARMS
in their entirety



Each arm has three main hinges: shoulder, elbow, and wrist. Use all of them. You will occupy all possible space, and large gestures free your chest to breathe better. Do some exercises before going on stage to ensure your shoulders are relaxed and ready to allow your full arm to move.

1

Make gestures **in front**



Gestures in front of you depict confidence. You can move your arms to the audience to make a point or from the audience to take it to you.

Point with
THE HAND
not the finger

If you want to point at the audience, do not point a finger alone, this will be perceived as an aggression. Use your hand, palm facing up

3

Make **ASYMMETRICAL** Moves

Sometimes move only one arm, while the other stands still on your side. This adds drama to your gestures.



PLAY with your HANDS and FINGERS

The last hinges on your arms are your wrist and fingers. You want to give three advices, show one, two, and three with your fingers. You want to make a strong statement, close your fist with intensity. Your hand and fingers help you.



m o v e
FORWARD
and
to add **LOW**
INTENSITY

Moving to the audience will show confidence and will be perceived as the speaker coming to the audience. Use this trick to give the conclusion of a story to increase the drama in the closing.



See the stage as a tic-tac-toe board, with nine quadrilaterals. When you rehearse, use each square for specific stories. This will force you to move around when telling stories, while giving you anchors for confidence building.

CUT
in
in

the
9
your

STAGE
Parts
MIND

7

Have a chair ready

A chair is a great prop. You can climb on it to simulate stepping on something. You can sit on it just to rest if you are speaking for a long time or to play a scene of one of your stories. You can turn it and horse-ride it. A chair is simple and very useful.





Yes, you can show your back to the audience

Of course most of the time, you will be facing your audience. But if you want to play showing a point on the horizon, you can turn three quarters from the audience and point to the imaginary dot. All eyes, including yours, will be looking in the same direction, and this will include the audience into your acting.

STAND STILL

to make a point

If you continuously move, the audience may become sea sick. As said at the beginning, move while you tell stories but stand still when you want to make a point. Simple to remember and to include in your speech routine.



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- 1 Use your arms in their entirety
- 2 Make gestures in the front
- 3 Point with the hand
not the finger
- 4 Make asymmetrical moves
- 5 Play with your hands and fingers

- 6 Move forward and low
to add intensity
- 7 Cut the stage in 9 parts
in your mind
- 8 Have a chair ready
- 9 Yes you can show your back
- 10 Stand still to make a point

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