



Five useful presentation gestures to get you started

1. When wanting to persuade or appeal to your audience,

- put your hands in front of you, move your elbows away from the body with your palms up.

2. When telling an emotional part of a story,

- put your hand on your heart (but be careful not to knock your lapel microphone if you are wearing one).

3. If you're speaking about being inclusive or about something global, or showing passion,

- use wider broad arms.

4. If you are referring to two different ideas, stories, or issues,

- use one hand for the first idea and the other for the second. Gesture with both arms when you tie your story together or make your conclusion.

5. If you are describing something when telling a story,

- be descriptive with your hands. For example, if you're speaking about something round, use your hands to create this shape. If you're talking about a child, put your hand out face down to show the height of a young child.

