During a speech, what can you do to use your body effectively?

L19-1196 2E1 Zaeem Yousaf

**Introductory Paragraph**

The use of body, during speech, is equally important as well as the quality of thoughts,voice and appearance of a speaker. The natural use of body keeps the audience engaged and makes the delivery more effective. for instance, audience respond positively to **natural facial expressions** which arouse spontaneously. similarly, **gestures through hands and fingers** brings the comprehension to audience with more clarity. **Movement of body** shows the emphasis on certain points and those part of speech becomes more memorable. In the same way, **eye contact** plays role in making the audience concentrated toward the speech. correct **posture, poise** and overall **appearance** of speaker enhances the confidence and credibility.

**Facial expressions:**

Facial expression must correspond to the contents of the speech. if speaker is delivering a speech on the topic: "The horror of covid-19", there must be sad expression on the face rather than a smiley face. so it depends on the nature of speech.

**Gestures:**

Gestures of hand and fingers must be expressive, supportive and synchronous. hands must move freely to encourage the audience with erect fist. Use of fingers can be very effective in giving the clues. e.g to use counting.

**Body Movement:**

when there are more members in audience and they have difficulty in hearing, speaker should move freely to convey the message loudly. However, the Movement should be calm and natural. sometime, to emphasize the point, speaker makes the motivated movement. for instance, he moves forward to the audience to gain their confidence.

**Eye contact:**

Speaker should look directly to the audience. gaze need to be met with each and every member in audience. ignored members loose their concentration. looking upon the notes and ignoring the audience also breaks the communication.

**Posture:**

Posture must be confident and straight upward. Leaning upon one side should be avoided to leave a good impression.

**Poise:**

Control over the Movement of body matters a lot. It needs a lot of practice before delivering a final speech. one should take care to avoid unnatural movements. e.g, smacking the tongue, licking the lips and scratching the head etc.

**Appearance:**

Dress should be according to the event. audience expect formal dress when a prime minister makes public speech. serious topics need serious and more formal dressing at the time of speech.