

## Mastering authentic, impactful eye contact

(Section 4, Lecture 15)

The one thing you might shy away from doing when you feel insecure about speaking up or nervous about losing your thought is to make direct eye contact with your audience or people around you. The reality is, making eye contact with your audience (of 1 or 100) will help your body and mind to stay in the present and not go into story, thereby reducing your fear and anxiety.

### Instructions

1. Share your eye contact with the room and don't neglect the edges. If you're speaking with a smaller group, make eye contact with the person on your right side, your left side and the person directly in front of you.
2. Hold your eye contact with individuals as you speak for around three to five seconds. This is about the length of a thought or an exhale.
3. Make direct eye contact. Many people speak from an angle or sprinkler the room without fully landing on individual people. Keep your head straight on your spine.
4. To make authentic eye contact that communicates confidence and authority, point the bridge of your nose to the bridge of your listener's nose.

### Homework

Homework: In your next presentation or when you next speak up at a meeting, you'll probably have three points. Try addressing one point to one person on your right, the next point to one person on your left, and the last point to the person straight in front of you. Each time you make eye contact, drop your chin and point the bridge of your nose to the bridge of their nose.