

Gesturing effectively to take up space

(Section 4, Lecture 16)

The best way to relax your body and show that you are confident and comfortable is to take up space as you speak. This includes standing tall in your center, planting your feet hip width apart, bringing your hands up to gesture immediately and allowing your fingertips to gently touch your sphere as you speak. This might mean that your elbows are a little farther out to the side than you're used to. This might mean that you take up more space.

Instructions

1. Imagine that there is a sphere around you that starts at your waist, ends just above your head, and is the width of your wing span with your elbows slightly bent. Your sphere extends in front and behind you as well as far as your fingers can reach.
2. As you gesture touch the edges of your sphere and use upwards movements and open palms.
3. Vary your gestures. Both hands don't need to be doing the same thing at the same time.
4. Hand gestures are used to illustrate, for emphasis, and to create connection. Think about these three purposes as you play with different types of hand gestures.
5. When you're done gesturing let your hands fall to your sides or place them gently in your lap, on the table, or on the podium.
6. A good rule of thumb to remember is that we like to see each other's hands otherwise we feel like that person might be hiding something. So whether you are in a virtual interview, behind a podium, sitting at the front of a boardroom table bring those hands up and gesture where we can see them.

Homework

Each time you have a conversation with a friend on the phone or in person, use your hands to express yourself immediately. By limiting your hand expression you will limit your ability to be as clear, articulate, and comfortable just being yourself.