***4 essential body language tips from a world champion public Speaker***

My dad came up to me and said, “Son, it’s okay. You flunked your exams. You already **got arrested**.”[1]

One of the most important things that you need to realise is when you get nervous, you try to cover your vital organs. And that’s why you would see a lot of speakers sometimes **fold their hands, bring their hands in front of them**,[2] and that’s a sign of nervousness. Great speakers keep their **body open so there is no barrier between you and me.**[3]

“Raise your hand if you have an emotional mother. Let me see. Put them all together. You get my ma.” And something that when you’re starting out, you got to be very conscious about is keep your body open.

It’s tip number two.

**Have your palms open**.[4] Do this exercise with me. Take a look at your palms. Turn them around. Take a look at the inside of your palms again. What side relaxes your eye? If you really concentrate, when you look at the inside of your palm, your eye relaxes. And a lot of great speakers, **they open their palms towards the audience, showing a more openness.[5]** And that allows the audience to connect with the speaker better, as opposed to showing the back of your hand. “Ladies and gentlemen, today I’m a dreamer. I’m a speaker. And I learned the unfailing quality of **unconditional love[6]from my wife.”**

Number three, get comfortable with the stage. When you’re comfortable on the stage that you’re speaking on, **your body is freer to move about**[7], use body language.But if you’re not comfortable with that stage, and if you feel foreign on that stage, what happens is your body language starts to constrict, and you start to cover your body up. “**And when a son sees a mother cry tears of shame[8]**, that’s a life-changing moment. She looked at me and said, Son, I want you to be a better man.”

Number four, don’t touch the podium. Whatever you do, don’t touch the podium. As soon as you do that, you’re going to be **leaning on it[9]**, you’re going to be shaking that podium, and **you will be doing all sorts of things on the podium[10]**. So what you do is you keep a comfortable distance between you and the podium. You can keep your notes on it, but **you can use your hands to gesture.[11]** Don’t rest your hands on the podium. So keep a distance, and you can gesture, use body language as you want from a little distance from the podium.

**Multiple choice questions**

Question 1

What did the speaker’s dad tell him after he flunked his exams?

A) "You will do better next time."

**B) "It**’**s okay. You already got arrested."**

C) "I’m disappointed in you."

D) "You need to study harder."

Question 2

According to the speaker, what is a sign of nervousness in speakers?

A) Smiling frequently

**B) Folding their hands in front of them**

C) Making eye contact

D) Using gestures

Question 3

What does the speaker imply about keeping your body open during a presentation?

A) It makes you look larger

B) It creates a barrier between you and the audience

**C) It fosters connection with the audience**

D) It is unnecessary

Question 4

What is tip number two regarding body language for speakers?

A) Keep your arms crossed

**B) Keep your palms open**

C) Avoid eye contact

D) Stand still at the podium

Question 5

What does the speaker suggest can help the audience connect better with the speaker?

A) Keeping hands in pockets

B) Showing the back of the hands

**C) Opening palms towards the audience**

D) Standing behind the podium

Question 6

What emotional quality did the speaker mention learning from his wife?

A) Patience

**B) Unconditional love**

C) Resilience

D) Determination

Question 7

What effect does being comfortable on stage have on a speaker's body language?

**A) It allows for freer movement**

B) It makes them more rigid

C) It causes them to sweat

D) It restricts their gestures

Question 8

How does the speaker suggest a mother’s emotional display can impact a son?

A) It can lead to embarrassment

**B) It can be a life-changing moment**

C) It makes him more anxious

D) It encourages him to hide his feelings

Question 9

What should speakers avoid doing with the podium?

**A) Leaning on it**

B) Keeping their notes on it

C) Using it for support

D) Speaking directly into it

Question 10

What is one reason the speaker gives for avoiding touching the podium?

1. It distracts the audience

B) It blocks the speaker’s view

**C) It leads to unintentional movements**

D) It makes the speaker look unprofessional

Question 11

What does the speaker recommend doing with your hands during a presentation?

A) Keeping them at your sides

**B) Gesturing while maintaining a distance from the podium**

C) Clenching them into fists

D) Hiding them behind your back

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