

Present Yourself

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Level 3

- 1) Mind maps
- 2) Speaking to an audience
- 3) Body Language

Mind Maps

What are you going to say?

Large piece of paper
Start with a sketch or symbol
Radiating lines
Print - Single words (key words) or short phrases
More symbols or sketches
Colour for emphasis or for connection
Lines, wavy or straight for connection

Picture the mind map and work round it while you are talking

Speaking

Free your jaw – free your eyes – mobilize your face – shake your hands/arms/shoulders – Tai Chi swings
Walking on - The performance has already begun
Check your breathing – abdominals, throat, intercostals
Resonance – get your body vibrating
Look at the audience, you are talking to them
Be happy with silence, (pauses)
Make them laugh?

Body Language

Make sure your body language matches your words and intention
Do you want to draw them in?
Do you want to be informative?
Do you want to surprise them?
Do you want to make them laugh?
Do you want to reassure them you are happy and confident to be here?
Body language continues while you are playing
It affects you as well as them