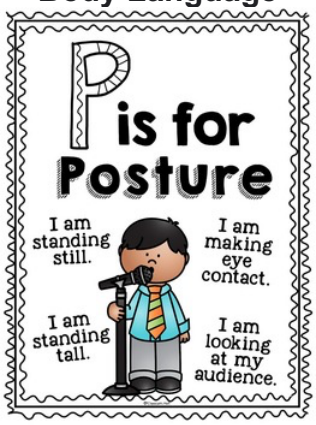
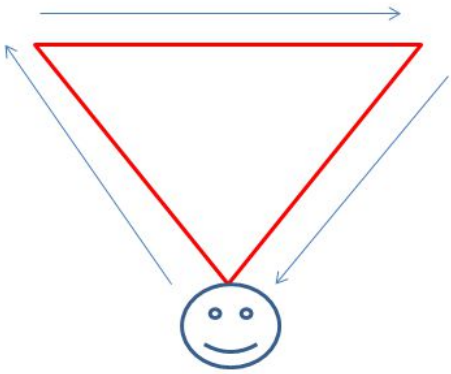
Body Language



Strong, strategic Eye Contact- Shows confidence and interest. When your listeners see your eyes scanning their faces, they feel invited to engage with you. They feel encouraged to signal to you how they feel about what you're saying--with nods, frowns, or skeptical raisings of their eyebrows. As a result, your listeners are transformed from passive receivers to active participants.

Maintain eye contact for 4-5 seconds, then move your eyes to focus in another direction.

Make Eye Contact (that isn't awkward)

- Try the "triangle method"
- Sweep your eyes up the left side of the room, across the back, and down the right side.
- Then repeat the same thing backwards!