



## **The ECHO™ — Your Weekly Presentation Tip**

June 11, 2008

### **It's in Your Hands**

We're often asked, "What should I do with my hands?" Our answer is simple: "Use them appropriately to energize your message." Simple enough, right? Not so simple to do.

Here's the rest of the story:

- Start with your hands at your sides.
- Gesture above the waist and away from your body.
- Match your gesture to your idea.
  - If you're talking about a major shift in emphasis, use both hands and show your audience that big shift.
  - If you're talking about tweaking a process, use one hand to show how easy this minor change will be.

You'll come across as confident, interesting, open, and clear.

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