



The ECHO™ — Your Weekly Presentation Tip

December 12, 2007

A Balanced Stance

When standing in front of a group, how you stand sends a powerful message. Try standing with your feet about shoulder-width apart and pointed toward the projector or the center of the room, and your hands placed at your sides to start. This stance will allow you to turn your body from side to side without having to shift your weight or your feet. It will also help you control nervous motion. What's more, if you put your feet too close together you might appear either too stiff to your audience. On the other hand, if your feet are too far apart, you might appear aggressive.

Contact Communispond

marketing@communispond.com

800 529 5925

www.communispond.com