

# PRESENCE

## A cheat sheet from Key Impact

<p style="text-align: center;"><b>Breathing</b></p> <ul style="list-style-type: none"><li>- Through your nose</li><li>- Into your belly</li><li>- In for 4 counts and out for 6</li><li>- Use a breath in place of an interjection ('Um, er, ahh')</li></ul> <p><b>Remember:</b> Breath 'low slow and through the nose' it'll keep you feeling relaxed and comfortable.</p> <p>Practice bringing your voice from different places, and notice the effect of speaking from your gut, chest, throat, mouth and nose.</p> <p>Try lying on your back with a weight (like a bag of rice) on your bellybutton. Lift the weight as you breathe in, keeping your shoulders still.</p>	<p style="text-align: center;"><b>Posture</b></p> <ul style="list-style-type: none"><li>- Keep your feet under your hips</li><li>- Engage your PC muscle</li><li>- Feel your stomach expand as you inhale</li><li>- Keep your shoulders back and your chin up</li><li>- Advance towards the audience when answering difficult points</li></ul> <p><b>Remember:</b> Standing with your feet hip-width apart will cause your abdominal and pelvic floor muscles to engage, creating a powerful voice and acting as a base to a powerful posture. Stand and behave like someone who's in control.</p>
<p style="text-align: center;"><b>Inflection</b></p> <ul style="list-style-type: none"><li>- Upward inflections invite critical evaluation</li><li>- Downward inflections are authoritative, definite</li><li>- A good storyteller uses a variation and balance</li><li>- Good stories are hypnotic</li></ul> <p><b>Remember:</b> Use inflection <i>deliberately</i>. Inflection can be used to make a statement sound like a question, or mark a single word out for evaluation. It can also be used to garner support from peers.</p> <p>Play with it: Deliver questions with a downward inflection, and make statements with an upward inflection.</p> <p>Do whatever you can to raise your awareness.</p>	<p style="text-align: center;"><b>Enunciation</b></p> <ul style="list-style-type: none"><li>- Scrunch your face into a point, open it up, scrunch it up again</li><li>- Open your mouth and exercise it's elasticity (a great way to avoid wrinkles!)</li><li>- Tongue Twisters:<ul style="list-style-type: none"><li>o Red leather, yellow leather;</li><li>o Unique, New York;</li><li>o She sells sea shells by the sea shore;</li><li>o Peter Piper picked a peck of pickled peppers.</li></ul></li></ul> <p><b>Remember:</b> Clear thoughts sound clever, deliberate enunciation will develop rapport with your audience <i>particularly</i> if some people speak English as a second language. Speak slowly, and over-accentuate the words as if mouthing them.</p>