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Seven things we do that make us less effective as communicators.

Session Two - Too much body movement on stage will hinder your message.

Moving around the stage is a “must do” in speaking and using your hands is a very engaging thing, however, it is possible to move around so much that you take away from the message or point you are trying to make.

Stay in control. Use your body to sell the point, to engage the listener, or get more involved as a speaker. But don't let what you do, be a distraction to what you are trying to say.

Questions:

- 1 - How do you typically use the stage?
- 2 - How do you use your hands when speaking?
- 3 - Do you go all in when you are telling stories?
- 4 - Would you be willing to watch your messages weekly to see if your body movements are a distraction?