
MOVEMENT



MOVING WHILST PRESENTING

Movement during a presentation has its benefits - it adds a bit of variety to your presentation, keeps the audience interested and engaged, keeps energy levels up, and makes you look (and feel) confident in front of them.

Staying frozen in one spot throughout the whole presentation can give the audience the impression that you are nervous and don't want to be there!

People are naturally attracted to movement. However, constant movement can be distracting to your audience.

If moving around while presenting works for you – go for it! However, if it does not feel natural, don't do it!



5 PRINCIPLES AROUND MOVEMENT...

You must **move with purpose**.

Shuffling on one foot from side to side, with the odd step forward or backward is not moving with purpose. Consciously take a few steps to the left, right, forward or back. There are some speaker coaches who recommend standing to the left (as the audience views you) if you are talking about the past, centre when talking about the present, and to the right when talking about the future.



If it feels natural, you may move to certain areas of the stage (depending on the layout) to specify certain points in your presentation.

For example, stand on the left side for your first point, move to the right side for your second point, and stand in the centre for your third point. Or if you are sharing the pros and cons of a product/service, you could try standing on one side for the pros then move to the other side for the cons.

5 PRINCIPLES AROUND MOVEMENT...

You must **stop every so often**. A tiger pacing constantly in its cage, is showing signs of distress. If you are constantly moving – you could send the same signal to your listeners!



Ensure you don't look down while walking. As you move, **keep looking towards your audience**.

When you are making a key point – **stand and deliver**. It makes your message much more powerful.



Remember to do whatever comes naturally to you!

