

The Steve Jarding Method

))) The Power of Hand Gestures

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The Power of Hand Gestures

Using gestures – body languages, most powerful weapon :

People naturally use gestures to make points and to accentuate their words – even if they don't realize they are doing it.



Gesturing makes you look more natural
(people are used to it and expect it).

Gesturing animates your words and can
give them more strength.

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Studies also show that **people who use their hands to gesture** and support their voices and words **actually increases the inflection in their voices.**

Not using gestures (hand gestures mostly) forces people to **concentrate on your face.**

Facial expressions should reflect the tone of your words, it is sometimes **harder to read**, and perhaps worse, **the face often won't lie** – and thus it conveys an unwanted message – sometimes opposite from what you want.



REFERENCE VIDEO

Dukakis Debate Question on Kitty's murder

Tony Abbott – Death of Soldier video

Studies show that gestures actually **help people remember what you say** by grabbing people's attention.

They also show that gesturing will allow you to form more concise thoughts.

Gesturing also allows you to set a **better pace** for speaking.

If you are not gesturing, you become more conscious of your words putting pressure on you to deliver them and people tend to speed up their speech and stumble over words more frequently.

Gestures then become **powerful verifiers** for your tone and words.



In short, gesturing helps control the tone of your voice, the inflection you use on words and helps you **keep a steady constant pace.**

Hand Gestures



How many hand gestures do human beings normally use?



Why don't we teach using certain hand gestures to be used at certain times during a presentation?



Position of hands when speaking



Killing hand gestures: gripping a podium, intertwined fingers, hand placement at sides, in pockets, clasped behind you, the fig leaf position



Hand Gestures

- ➔ How often should we gesture with our hands while communicating?
- ➔ Can you over gesture?