

The Steve Jarding Method

))) Anticipatory Pause

www.imaginepublicspeaking.com

Use of Pauses: The use of pauses in speech serve a variety of functions.

An anticipatory pause also can be used to set up powerful statements because they give separation to what was just said and a salient point you are about to make.

Coupled with effective facial expressions and body language, the audience will expect something big about to be said. Can come through a statement or by asking a question:

“If America would do just one thing, one thing, it would regain its standing. It is simply this...” or “Let me ask you one simple question...”

- ➔ In interview settings, pauses often eliminate the awkward use of “um” or “ah” or other transition techniques the mind will otherwise naturally resort to using.
- ➔ Pauses obviously slow you down, they also let you use your face to reflect emotions or feelings – and because you are not speaking, the audience has to focus on your facial expressions.
- ➔ Pauses help you get into a rhythm when you speak.