



BY GARY WOHLMAN

By utilising the 3Vs of communication - the Verbal [word content], the Vocal [sounds], and the Visual [gestures], it's easy to practice this principle. And it's always the first time! Something is uniquely different in each instance you present - whether that is the mood you are in, the audience you are addressing, or the climate of both internal and external events happening at the same moment you are speaking.

Let's talk for a moment about the late Marcel Marceau, one of the greatest mimes of all time.

PRESENT LIKE IT'S ALWAYS THE FIRST TIME

No matter how many times you have to make a presentation, to keep things fresh, it is always good to present as if you were doing it for the first time.

We could get a lot of insights and information just from watching his body, where he makes visible the visual dimension for all to see. One thing we can learn from this great communicator is that when we show what we are telling, people understand us even more than by just telling them or showing them separately what we intend to say. THE BODY SPEAKS.

Here's another tip: Use your hands consciously. You may be accustomed to waving them, and may not even be sure what to do with them - yet as you get into the practice of having your hands reach out from your heart to others, you can show a lot of care towards people by how you extend your physical hands from your chest, as though you are actually reaching forward to shake people's hands or embrace them.

This is something that one can remember - that feeling of moving forward towards the audience, rather than standing still and stiff. That's the gift of the visual dimension, which impacts us more than words can say alone - what people see leaves a lasting impression that lingers far beyond your verbal message.

A good affirmation to embody as you share your message with others is: "As I move forward towards my audience, my audience approaches me with active listening."

How do you know you've reached your audience if they are not smiling, or laughing or coughing? How do you know you've reached them with your message?

You look for subtle signs in your audience. You look and feel, and also listen. And begin then to allow your body as the chief instrument of communication to take note of what is being received by your transmission. As you practice being more self-reflective as you speak, you will receive your message more fully yourself - and your audience will more easily remember what you have to say and take action in the direction you have intended.

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