



Public Speaking Style Tips and Tools for How You LOOK and SOUND

Practice A Power Pose

- A quick three minute video on Power Stances
- Longer TED talk 'Your Body Language May Shape Who You Are'

Inspiration about Imposter Syndrome:

- check out this [VIDEO](#) of Reshma Saujani, Founder of Girls Who Code talking to Smith College Grads this year about it! What she shares about the origins of the "syndrome" will likely surprise you!

Insights on Body Language & Hand Movements for Speakers:

- 110 Techniques of Communication & [Public Speaking TEDx talk](#) by David JP Phillips
- what to do with your HANDS from Compelling People, [the Book](#) and some of their videos:
 - [A short illustrated review overview](#)
 - [Longer talk with John Neffinger](#)
- Brief and more general basic tips for communicating and presenting via video conference apps like Zoom [here](#), and [here](#) and [here](#).
- And although more for facilitation [these videos from Training for Change](#) were created to help folks do better in their online Zoom communications spaces, and other bloggers have weighed in [here](#) and [here](#).
- [Digital Body Language toolkit](#)

For Volume, Vocal Range, Intonation and Emphasis, here are some cross training you can play with:

- Sing! (Off key is fine, try karaoke, especially with a crowd of strangers)
- Fun with Sock Puppets (play with different voices)
- Watch/listen to news and other shows and parrot/imitate the voices you hear
- Have a Holler! (find safe places to raise your voice and yell, try the trick where you are calling out to an imaginary friend!)