

Poise • Appear calm and confident
• Avoid distracting behaviors

Voice • Speak every word clearly
• Use a volume level just right for the space

Life • Express passion and emotions with your voice

Eye Contact
• Connect visually with the audience
• Look at each audience member

Gestures • Use hand motions
• Move your body
• Have an expressive face

Speed • Talk with appropriate speed: not too fast, not too slow
• Use pauses for effect and emphasis

Six Trait Speaking™