



# The Speaking Center

## DELIVERY TIPS

### TYPES OF PHYSICAL DELIVERY

- 1. Physical appearance:** What a speaker is wearing as well as grooming/hygiene
  - Physical appearance should be appropriate for the situation
  - When in doubt, ask what the expectations are for the speaking situation
- 2. Posture:** Body position when speaking
  - Speakers should pay attention to their posture
  - Appearing to be too comfortable or relaxed in a speaking situation could demonstrate lack of interest or engagement
- 3. Facial expression:** Complements the verbal message
  - Shows emotion and engagement with the topic
  - Helps connect the audience to your message
- 4. Gestures:** Movement of hands and arms that help emphasize and explain speech material
  - Practice with gestures
  - Use gestures that complement your message
- 5. Eye contact:** Helps maintain audience attention and connection
  - In dominant cultures in the United States, eye contact is very important to the communication process
  - Eye contact helps a speaker know how they are doing in a speech based on observing their audience
- 6. Movement:** How much a speaker moves around the speaking space
  - Purposeful movement can help create immediacy with the audience

### TIPS FOR EFFECTIVE PHYSICAL DELIVERY

- Incorporate physical delivery into speech practice (stand up, use gestures, make eye contact)
- Use physical delivery to create connections with audience, but be aware of personal space
- Consider the physical space when incorporating physical delivery into your speech
- If possible, practice in the physical space or one similar to it before you deliver your speech