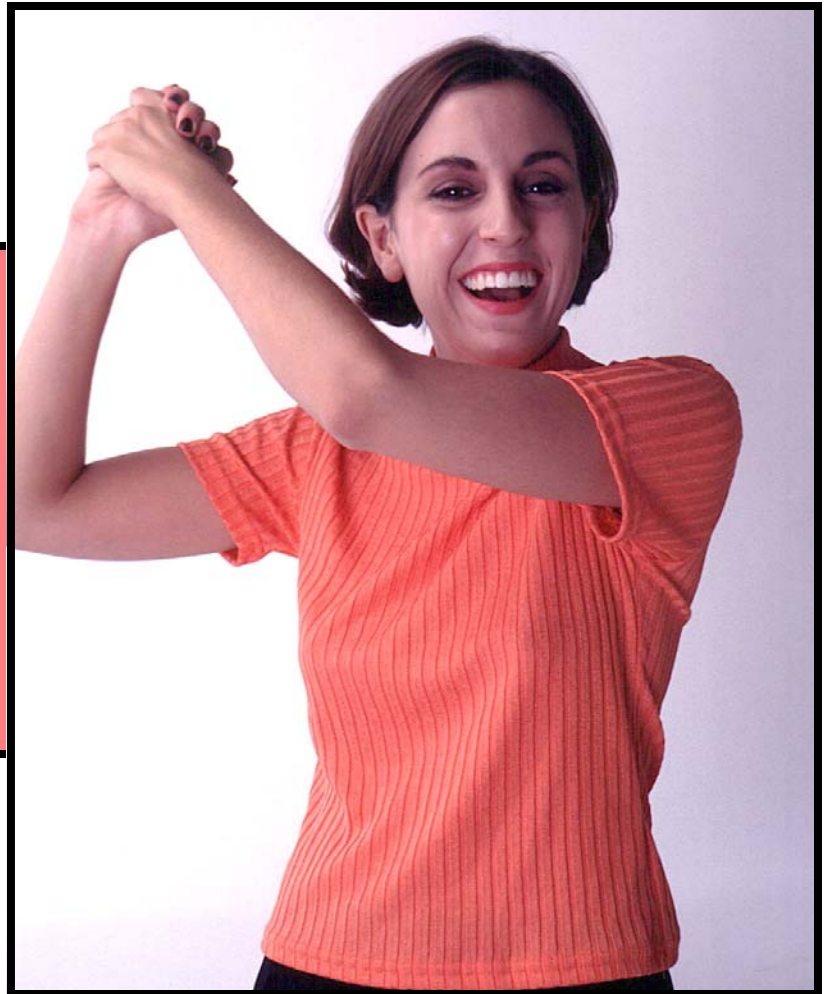


What is your body saying?



Effective communication goes beyond just the words you say. For example, if your mouth says, “I’m so glad to be here today,” but your body language doesn’t, you’re neither sincere nor credible.

Body language is an important part of speaking because it enhances your message and gives you more credibility. It also helps release any nervousness you may feel.

That’s why **Your Body Speaks** is the fifth project in the Toastmasters *Communication & Leadership* educational program.

You’ll use stance, movement, gestures, facial expressions, and eye contact to express your message in 5 to 7 minutes. And when you’re done, you’ll receive immediate feedback from a peer that points out what you did really well, and gives you one or two suggestions for improvement.

Not only does body language communicate confidence and power, it enhances your believability, illustrates and emphasizes the points you are making, and helps release your nervous energy. Visit Toastmasters this week to learn more!

