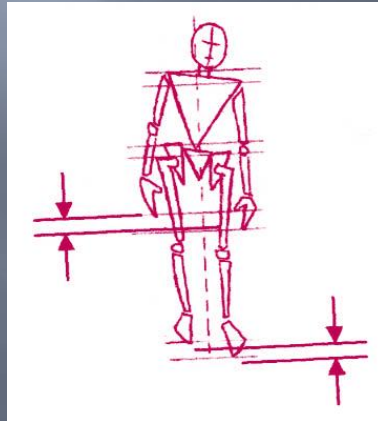


# Don't Just Stand There!!



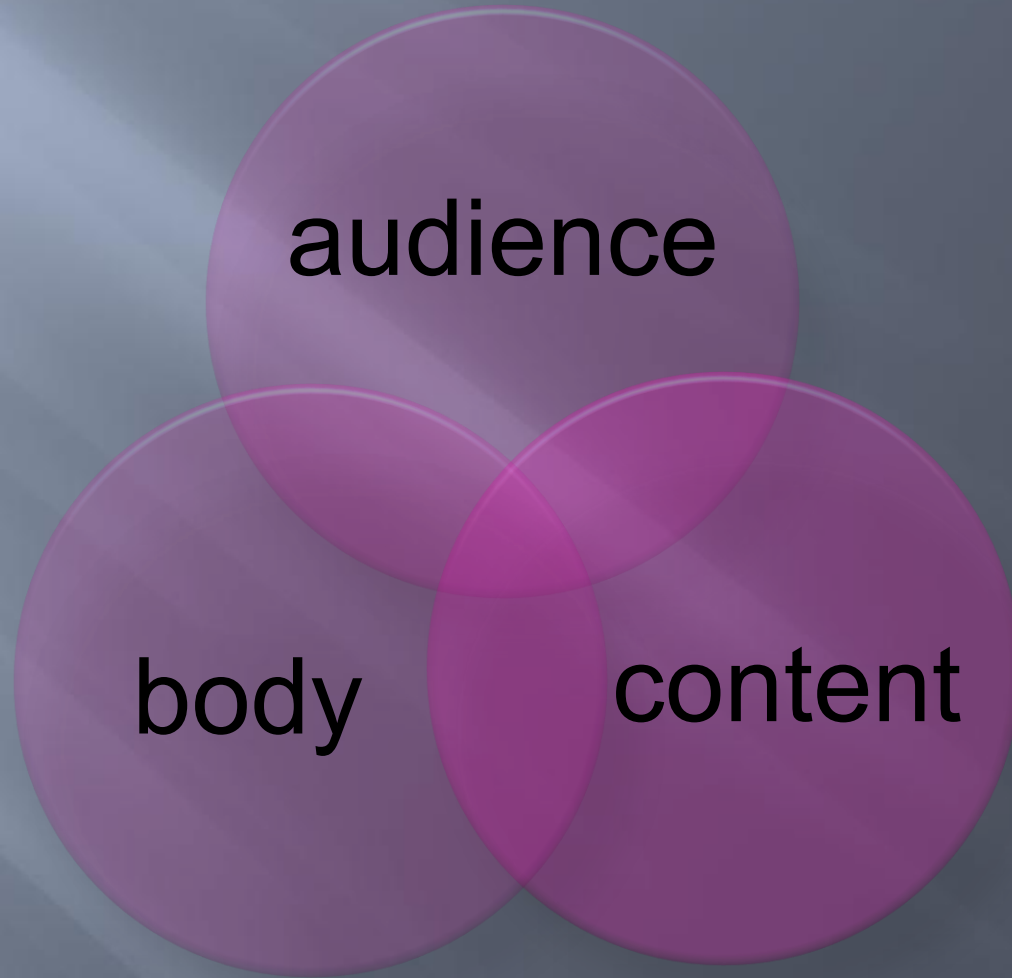
Devices, tips and strategies for presentations with a punch!

*By Kathryn Ricketts, University of Regina*

# Ghosts

## Judgment and Editing





audience

body

content

# Body Talk

**80 percent nonverbal communication**

**7 percent of communication comes from spoken words**

**38 percent is from the tone of the voice**

**55 percent comes from body language**

Mehrabian

# Body Talk

**In basic terms, if you aren't conscious of what is happening nonverbally, then you are missing out on the vast majority of what is going on during a typical conversation**

# Sand Traps – Fog – Thieves

How does the nervous system work against us?

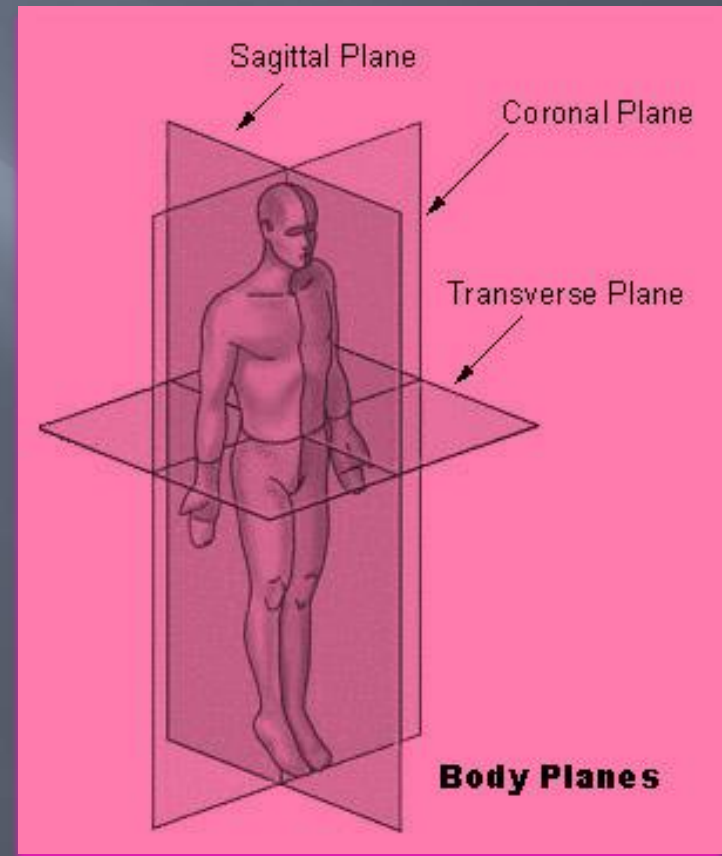
Breath

Posture

Projection

Clarity

Expression



# **Challenge the challenges on its own terms**

**Physical manifestations of nerves needs to be addressed physically**

**Time needs to be allotted for both physical warm up and mental concentration**



# Breaking Down the Barriers

## Physical Warm Up

Large Muscle Groups

Joint Mobilization

Cardio Vascular

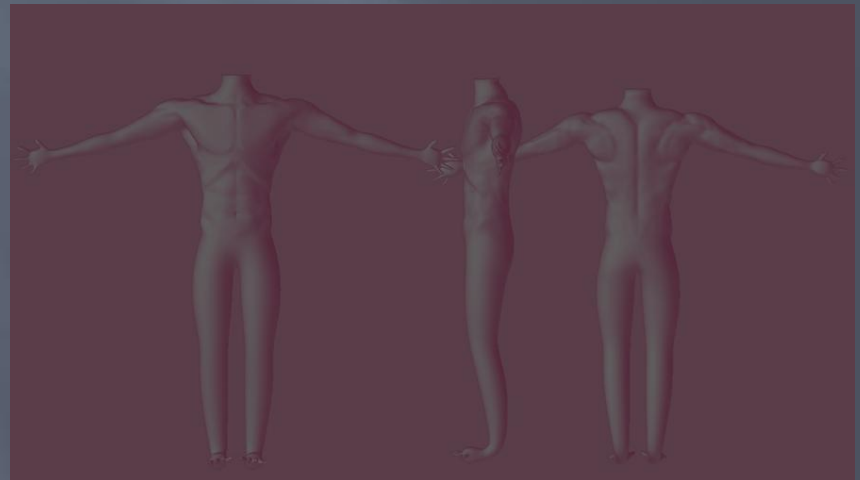
Targeted Areas i.e. jaw  
mouth  
fingers  
neck





# Unforgettable Devices

**Jugular Vein**  
**Playing Arena**  
**Anchor not Shield**  
**Glass of Water**  
**Peanut Butter Sandwich**  
**Basket Ball**  
**Open Windows**  
**Elastics**



# Alignment and Projection Images

## Cathedral/Basement Lighthouse



It must never be forgotten that, long before they begin to learn to form letters, the very young have learned to speak, to manipulate oral language. Through their family experience, they "read" the reality of the world around them long before they can write about it. Later they simply write what they have learned to say.

Freire

**The word is total: it cuts, excoriates forms,  
modulates perturbs, maddens cures or directly kills  
amplifies or reduces according to intention  
It excites or calms souls.**

Praise song of a bard of the  
Bambara Komo society

**The story is our escort; without it, we are blind.**

**Does the blind man own his escort? No, neither do we the story; rather it is the story that owns us and directs us."**

Chinua Achebe, *Anthills of the Savannah* (1987)

"Embodiment refers to the biological and physical presence of our bodies, which are a necessary precondition for subjectivity, emotion, language, thought and social interaction"

*Musical Identities*, Macdonald, Hargreaves and Miell. Oxford University Press, Oxford and New York, 2002

# Focus Devices

Silent Partner

Skunk

Discover Your Language



# Group Presentations





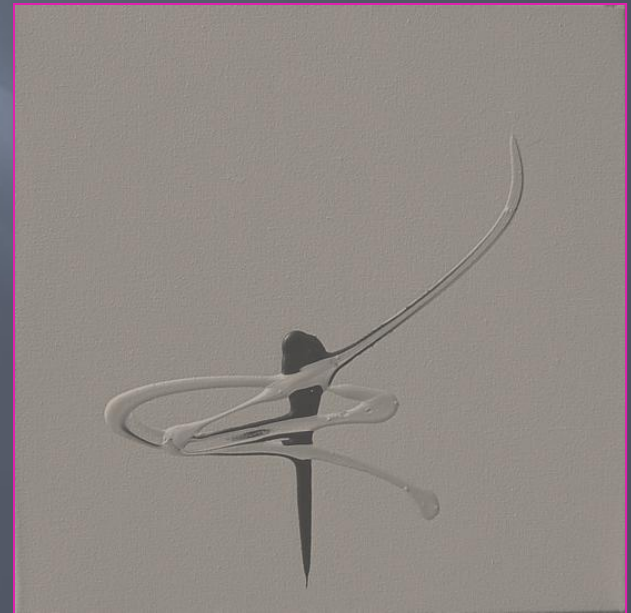
# Private/Public



# What to Wear!?



# Wind in the Trees





# ENJOY YOURSELF!

