



Assess your learning: are you using your body language effectively?

Watch your video and use the following checklist to make sure that you are using your body language effectively.

CHECK LIST			
QUESTIONS	YES	NO	Aspects to change or improve
FACIAL EXPRESSION			
Is your facial expression in sync with what you are saying?			
POSTURE			
Are you standing up straight, with your shoulders back and your head held high?			
HANDS			
Are you using your hands to accompany specific parts of your talk?			
MOVEMENTS			
Are you avoiding distracting or nervous movements with your hands?			
Are you standing without continuously switching your weight from side to side?			