

Tips for Public Speaking

**Non-Verbal Fillers/Adaptors**

**What are Non-Verbal Fillers and Adaptors and why are they important?**

*Non-verbal fillers and adaptors include gestures, facial expressions, and movements that can either enhance or distract from your message. These can significantly impact the effectiveness of your speech for better or worse.*

**Quick Tips:**

* Awareness: Be mindful of your non-verbal behavior and habits. Practice in front of a mirror or record yourself to identify any immediately visible fillers or adaptors you may use unconsciously.
* Body Language: Maintain open and confident body language. Avoid crossing your arms, slouching, or appearing tense, as it can detract from the rapport you’ve worked to build with your audience.
* Breathing: Control your breathing to reduce nervous habits such as shifting your weight, playing with your hair, or wringing your hands. Take deep breaths before speaking and pause when necessary to collect your thoughts.
* Eye Contact: Maintain eye contact with your audience to establish rapport and convey confidence. Avoid looking down or away excessively.
* Intentional Movement: Use movement purposefully to emphasize key points, transition between ideas, and draw the audience’s attention in. Avoid pacing or fidgeting which can be distracting to your audience.