



These 3 techniques will have an impact!

## Commanding Presence

Stand tall and strong like  
'The Mighty Oak' tree.

Use this commanding presence  
**every single time** anyone speaks.

Shoulders down, head level with  
the floor, strong core, knees back  
and feet firm on the ground.

Take as much time as you need to  
establish this - it will be time very  
well invested!

## Eye Contact

It is good manners to look at the  
person with whom you are  
speaking.

When you have a large number of  
people, you find your good  
manners by dividing the room in 3  
parts.

Be sure to look at each part of the  
room (your audience), keeping  
your chin level with the floor.  
(Watch out for nodding! - not  
allowed!)

## Voice

You are in charge of your voice!

When speaking to one person -  
use your one-person speaking  
voice.

When there are 30 people; use your  
30-person speaking voice.

When there are 100 people; use  
your 100-person speaking voice.

Start using these techniques today  
Be consistent  
Measure the impact in 6 weeks