



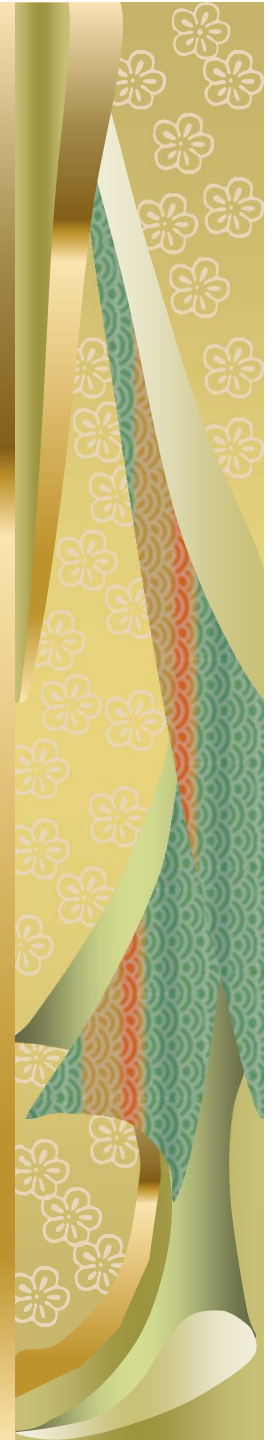
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# Gestures & Vocal Variety

*Some tips by : DTM Ajit Limaye*





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## Gestures

- Do not inhibit your natural gestures, unless they cause distraction. Convey Confidence
- *Align Gestures with Key Points of your speech. Mimic actions & sounds, and convey emotions by commonly accepted symbolic gestures*
- Avoid over-repetition by substituting alternate gestures, and make full use of facial gesture opportunities
- Appropriate posture & movement to match speech content
  - Timeline, up-down, location, opposing viewpoints, transitions, dialogues



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## Gestures...

- **Avoid Distracting Gestures**
  - Pacing , Adjusting glasses, Rocking
- **Avoid unnecessary hand gestures**
- **Smile, unless you are conveying a somber message**
- **Maintain eye contact**
- **Match the size of your gestures to the size of the room**
- **Move to indicate transitions**
- **Watch yourself on Video if possible**



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## Vocal Variety

- 4 “P”s: **P**ace, **P**itch, **P**ower, **P**auses
  - **Pace** : Slow delivery of Key Statements or accelerate to increase tension
  - **Pitch**: Be natural, but vary pitch to add variety and emotions to dialogues
  - **Power**: Align with emotions. Do not overdo
  - **Pauses**: After key points. Use time for eye contact, or ask a question and await response
- Scan your speech to Highlight places to incorporate the 4 “P”s, and Practise
- **Exaggerate & Emphasize**
- Align Vocals with Gestures



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Add Punch to your  
Speech with

Vocal Variety

Gestures

& A Combination of  
Both

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