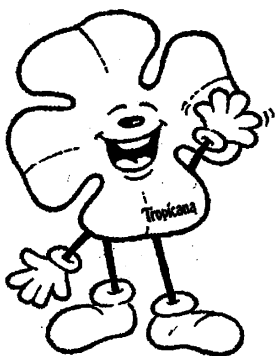




Taking Charge of Your Appearance -- An Important Tool For Public Speakers

- * First impressions and the overall appearance of a speaker are important. An audience often forms an impression of a speaker before any words are spoken. A number of things contribute to the appearance of a speaker including grooming, style and fit of clothing, posture, facial expression, and appearance of confidence.
- * Clothing should not capture the attention of the audience to the point that they are focusing on clothes or jewelry instead of what is being said.
- * The “total look” in public speaking also includes personable qualities. A pleasant facial expression, good posture, a positive attitude, and eye contact with the audience are appearance boosters.
- * The following list of appearance boosters may be helpful to the public speaker:

- Body is clean.
- Clothes are clean.
- Appearance is neat.
- Nails are clean and suitably manicured.
- Make-up is appropriate.
- Posture is good.
- Poise is evident.
- Movements are easy and smooth as the speaker walks, sits, stands.
- Expression is pleasant.
- Positive presentation of self is made; speaker shows confidence.



- * For the 4-H/Tropicana Public Speaking County Contest, speakers should dress neatly and take pride in their appearance as they are their school’s representative.

Adapted From: Tools For Public Speaking:
A Guide For Leaders
4-H 971AG
The Ohio State, University 1998