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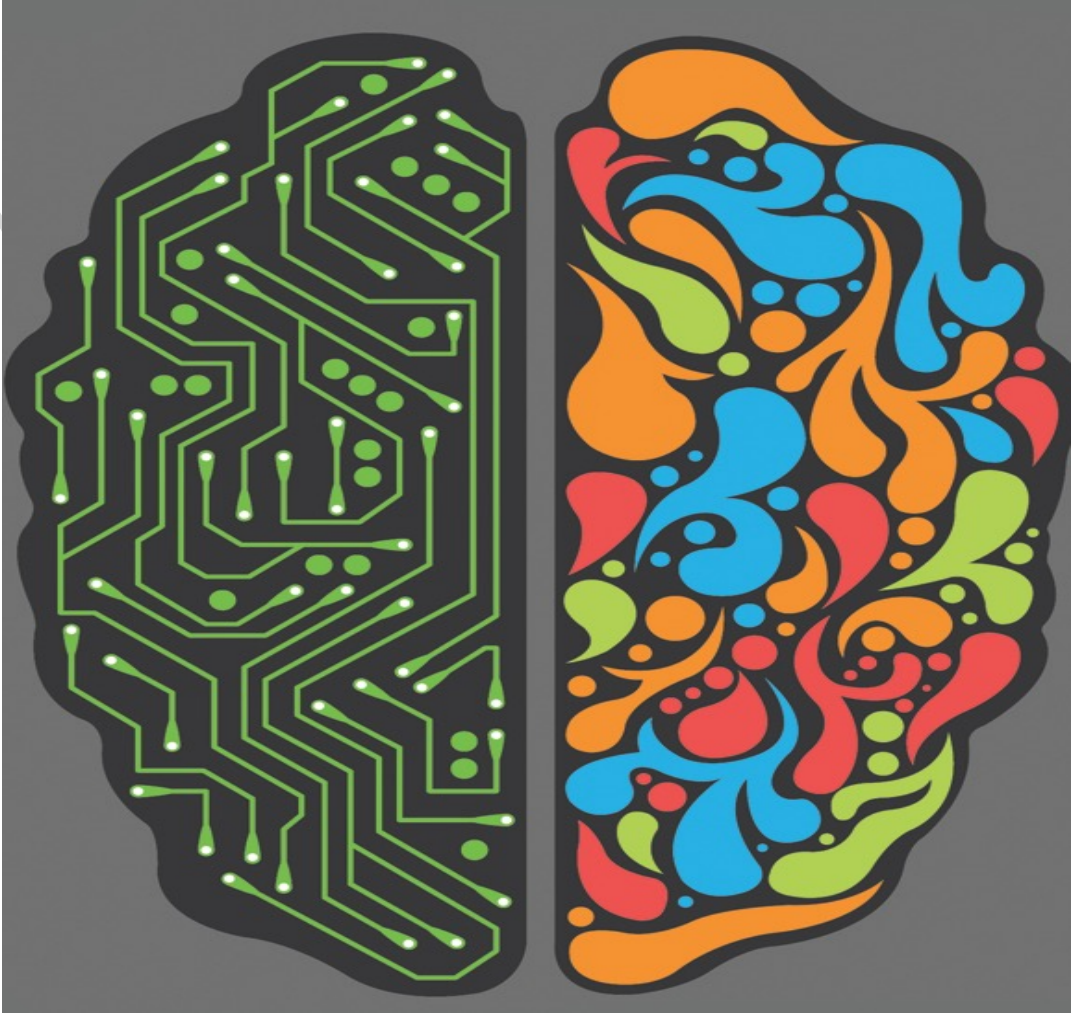
Presence, Impact & Influence in Virtual Communication

AGENDA



OUR DIVIDED BRAINS

L. Hemisphere
Representation



R. Hemisphere
Presence

presence: prɛz(ə)ns/

noun

“

**Presence is Energy.
It manifests itself in the body, the
breath, the voice, our speech,
connection and attention**

”

Building Blocks of Presence



Posture & Body Language



Breathing



Vocal Quality



Speech Dynamics



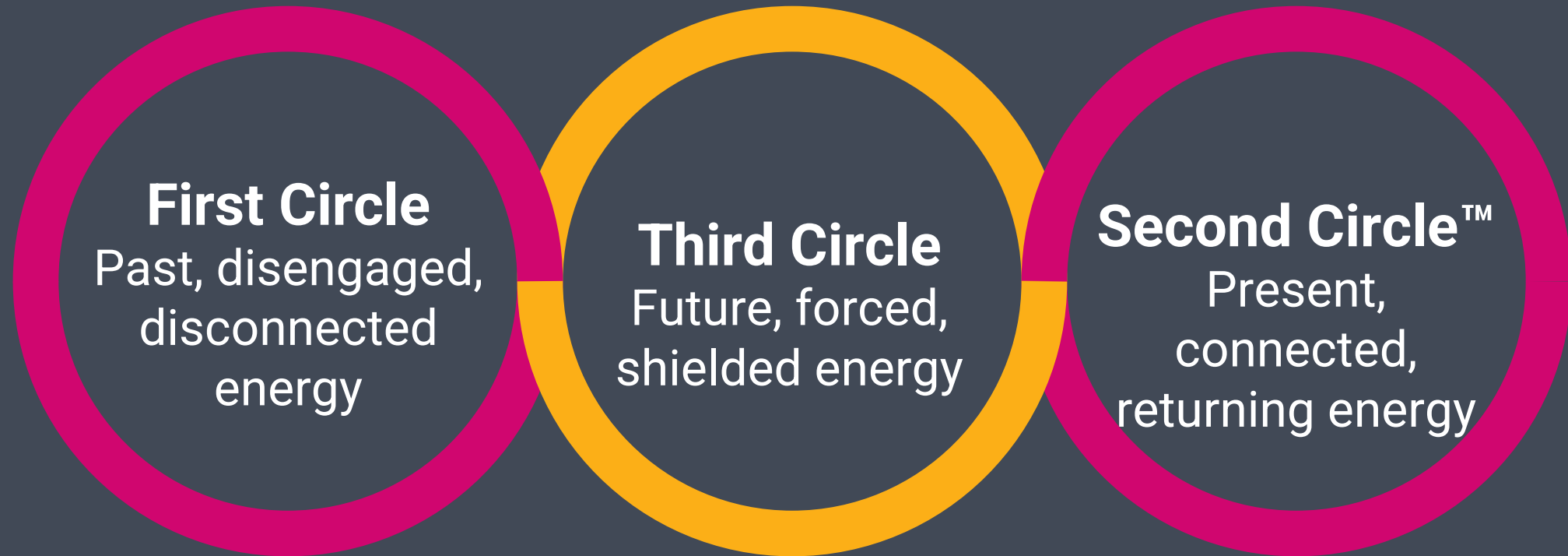
Connection



Type of Attention



The 3 Circles of Energy™ by Patsy Rodenburg



First Circle (Habitual)

1

Posture is made smaller,
broken

2

Breath is shallow

3

Voice sounds monotone,
pessimistic

4

Speech lacks dynamics,
clarity and energy

5

Taking energy but not sending
it- limited listening

6

Attention: self conscious, low
eye contact, yielding



Third Circle (Habitual)

1

Body tense and takes up too much space

2

Breath is from chest: shallow

3

Voice is too loud and goes beyond us

4

Speech is jagged, staccato and repetitive

5

Sending energy but not receiving, limited listening

6

Attention: blinkered, lacking awareness, fixed

Second Circle (The Natural)

1

Body is relaxed, but engaged

2

Breath punctuates thoughts
to lift voice

3

Voice reaches us, expressive
using range

4

Speech is fluent, clear and
dynamic

5

Sending and receiving energy
simultaneously, listen actively
with even while speaking

6

Attention: Curiosity,
connection, adaptable



POST IT REMINDER

**POSTURE
ALIGNED &
ENERGISED**

**RELAX THE
JAW, OPEN
MOUTH**

**BREATHE
DEEPLY: TAKE
IN YOUR
WORK**



Vocal Presence

01

Breath

Voice is always supported by a relaxed and deep breath

02

Direction

The voice travels up and out in an arc

03

Rhythm + Range

ba Boom
heartbeat and
descending pitch

04

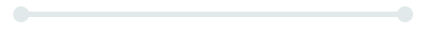
Energy

The voice stays energised to the end of the thought



Spoken Presence

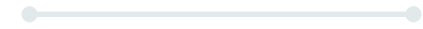
01



Breath as Punctuation

Take a breath
everywhere would have
punctuation when writing

02



Open vowels, Close consonants

Put power and clarity into
your speech: sound
makes sense

03

Mint your Words

Meet and experience
every word fully.
Physically and
psychologically

Barack Obama, Vowels

If there is anyone out there who still doubts that America is a place where all things are possible, who still wonders if the dream of our founders is alive in our time, who still questions the power of our democracy, tonight is your answer.



Consonants

It's the answer told by lines that stretched around schools and churches in numbers this nation has never seen, by people who waited three hours and four hours, many for the first time in their lives, because they believed that this time must be different, that their voices could be that difference.



Knowing what you are speaking about

01

People

Who are the people and what do they mean to you?

02

Nouns

What do those nouns mean to you? Are they the right ones?

03

Verbs

What do these verbs mean to you? Are they the right verbs?



Sonnet 94

*They that have power to hurt and will do none,
That do not do the thing they most do show,
Who moving others are themselves as stone,
Unmoved, cold, and to temptation slow:
They rightly do inherit heaven's graces
And husband nature's riches from expense;
They are the lords and owners of their faces,
Others but stewards of their excellence.*

William Shakespeare



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Presence, Impact & Influence in Virtual Communication

PRESENCE in VIRTUAL Reminders

- Keep your posture aligned and energized
- Breathe deeply and often to listen and speak your thoughts
- Send your voice up and out In an arc at the start of each phrase
- Mint your words: open vowels, close consonants, speak every syllable
- Use lots of vocal range, high to low
- Use open, clear and body language with the whole arm
- Make consistent eye contact with the camera
- Personalise the camera
- Speak your communications into being
- Practice, practice, practice: do so aloud, as if in front of your audience



Connection, not Perfection



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