

*Presence: Bringing Your Boldest Self to Your Biggest Challenges*

By Amy Cuddy

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A few quotes and paraphrases that may be helpful to you in preparing for presentations:

“What I most want you to understand is that your body is continuously and convincingly sending messages to your brain, and *you* get to control the content of those messages.”

“If you can and when it’s advantageous to do so, arrive before your audience arrives. Get comfortable with occupying and expanding in the presentation space. Make the space yours, so your audience is coming to your ‘home’ as opposed to you going to theirs.” (page 244)

Present with good posture: sit up or stand up straight

Keep shoulders back and chest open

Breathe slowly and deeply

Keep your chin up and level

Keep your feet grounded (no ankle-wrapping)

Move around if you can

Don’t pace

Use props

Adopt open gestures

Avoid penguin arms (elbows pinned to sides)

Take up temporal space as well (don’t rush)

Pause!

Relax the muscles of your throat so that your voice lowers to its natural level

If you make a mistake, pull your shoulders back, unfurl, power up. (pages 244-6)