

**BUTTERFLIES IN FORMATION: PERFORMANCE UNDER PRESSURE**  
**DR. STEPHEN R. LEPPARD,**  
**JANUARY 4/19**



**INQUIRE**

58 TASK FORCE REPORTS IN THE PAST 45 YEARS

**PROMOTE**

650 HONORARY DEGREE RECIPIENTS SINCE 1908  
INCLUDING MOTHER TERESA, ALEX JANNIER, JULIE PAYETTE, AND DESMOND TUTU.

16 CEREMONIES AT SPRING & FALL CONVOCATION

**CONNECT**

OVER 3,700 GRADES 4-9 U-School STUDENTS SINCE 2010

COMMUNITY CONVERSATIONS ACROSS ALBERTA

**WHAT DOES THE SENATE DO?**

62 SENATORS FROM DIVERSE COMMUNITIES

\$3.5 MILLION ENDOWED SCHOLARSHIPS & PROGRAM FUNDS

CAMPUS PARTNERSHIPS WELCOMING PUBLIC ENGAGEMENT

MEMBERS OF THE COUNCIL ON ABORIGINAL INITIATIVES

COLLABORATING WITH 18 FACULTIES

3 STAFF SUPPORT CHANCELLOR & SENATE

OVER \$1.1 MILLION & 1,150 COMMUNITY LEADERS AT THE CHANCELLOR'S CUP SINCE 2001

THOUSANDS OF VOLUNTEER HOURS EACH YEAR

3 STAFF WELCOME U SCHOOL STUDENTS



**MS BIKE**



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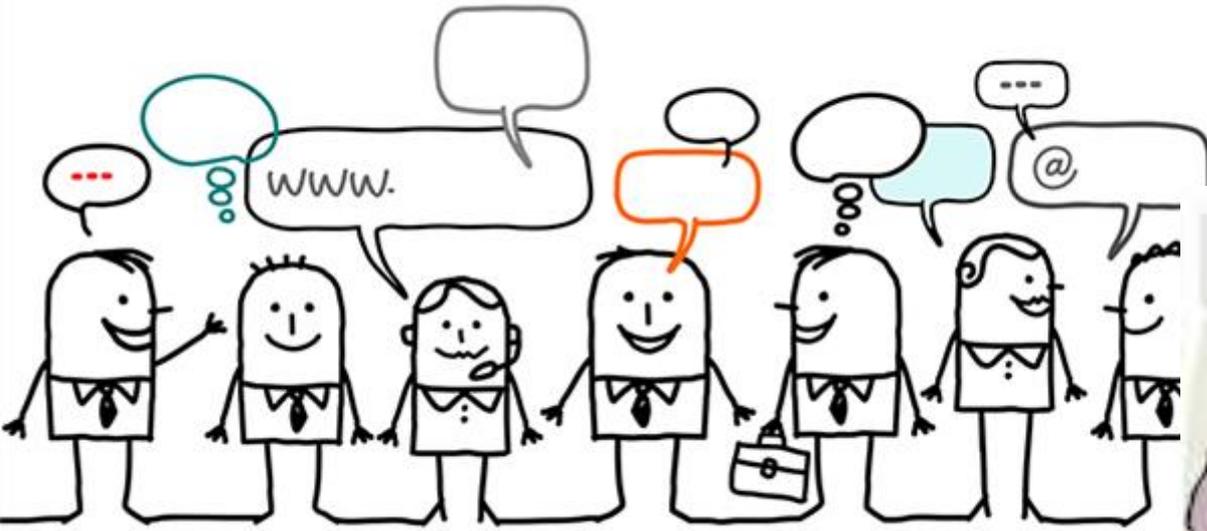
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## Alliteration Introduction



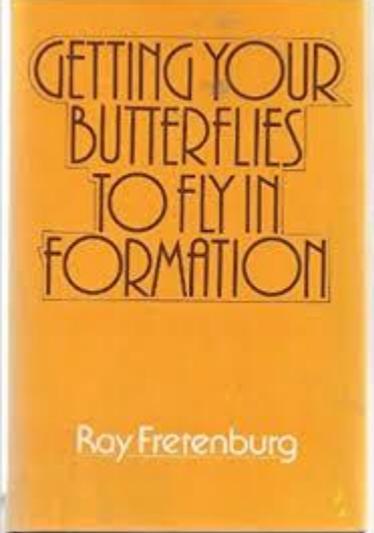
"Back off a bit. You're scaring people."

# BUTTERFLIES IN FORMATION: PERFORMANCE UNDER PRESSURE

- ✓ Host Introduction and Qualifications
- ✓ Shared Agenda and Citing Sources (Research)
  - Framing the Learning
  - Outcomes, Learner Goals, Teacher Targets
  - Conversations about Presentation Performance
  - Gordon's Skill Acquisition
  - Yerkes-Dodson Law
  - Science-Art Continuum (A. Tom)
  - Check for Understanding
  - Three (3) Exemplars
  - Subconscious Messaging**
  - Emblems**
  - Body Language**
  - Eye Scanning**
  - Hands**
  - Voice**

GETTING YOUR  
BUTTERFLIES  
TO FLY IN  
FORMATION

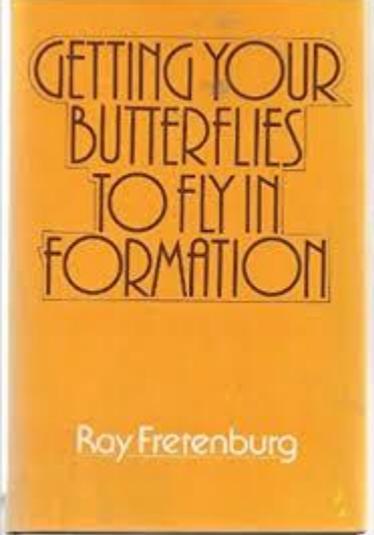
Roy Fretenburg



My butterflies are still  
going strong. I just  
hope they are flying  
in formation.

Larry Mine

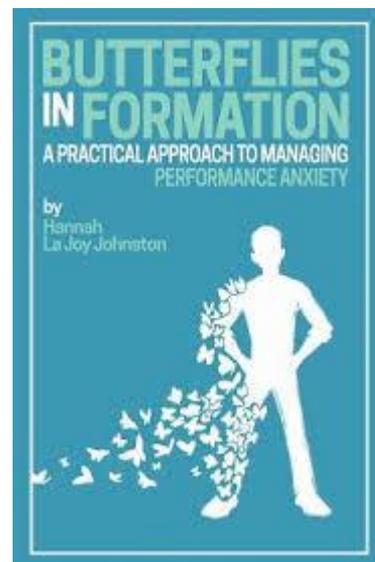
PICTURE QUOTES.COM

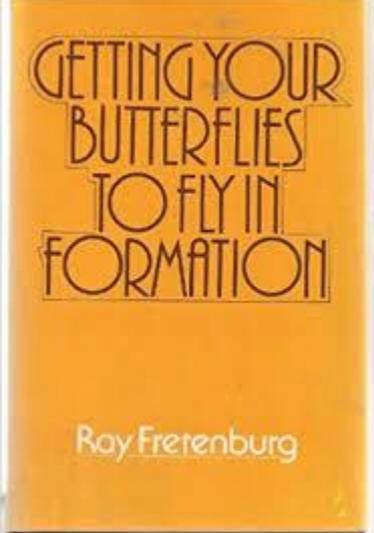


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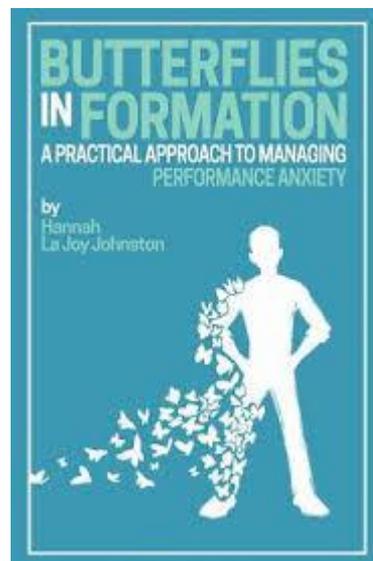




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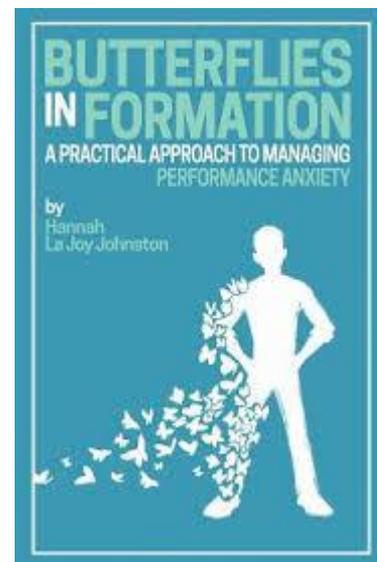
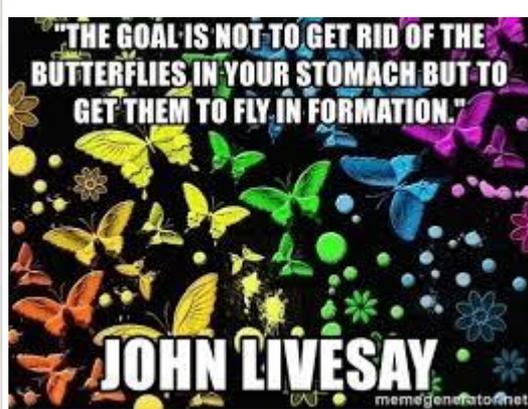
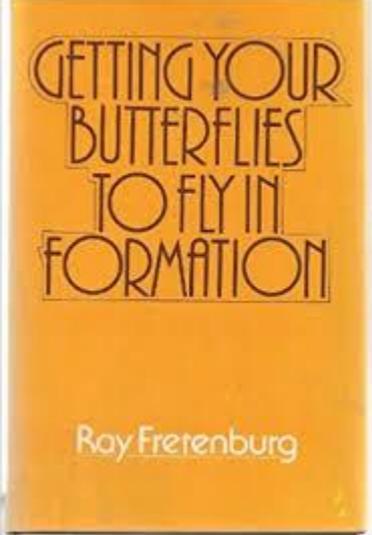
PICTURE QUOTES.COM



EVERYONE HAS BUTTERFLIES;  
IT'S ALL ABOUT GETTING  
THEM TO FLY IN FORMATION.



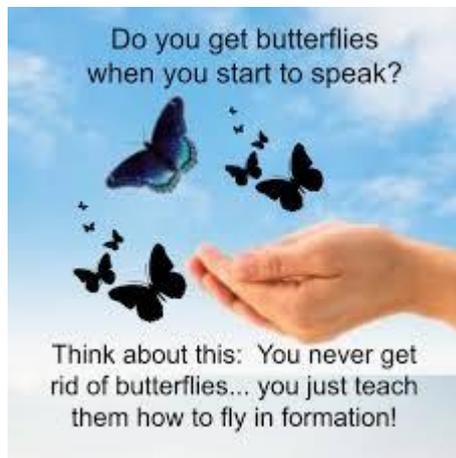
CHEHAL  
TIME FITNESS



My butterflies are still going strong. I just hope they are flying in formation.

Larry Mine

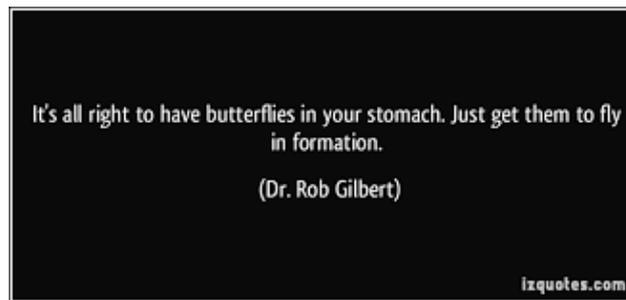
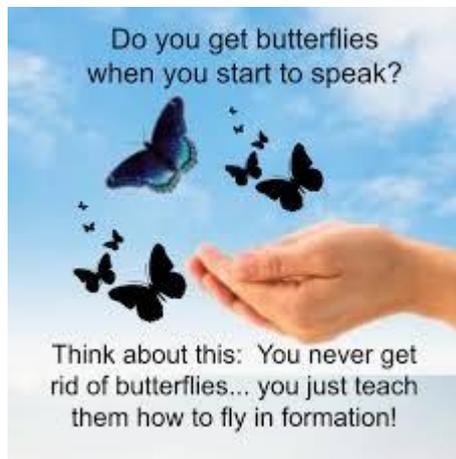
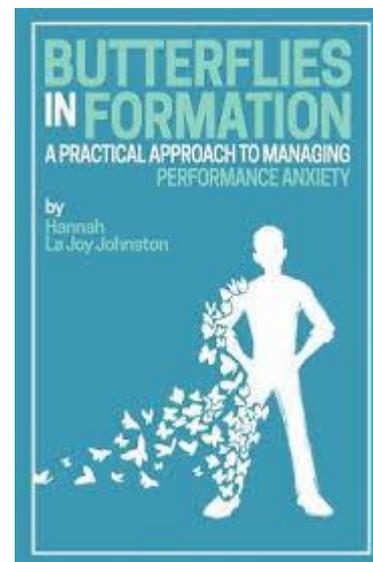
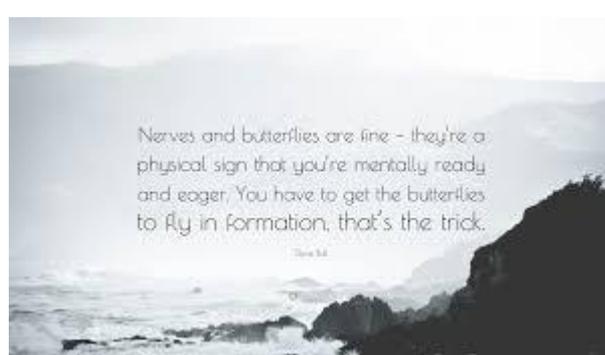
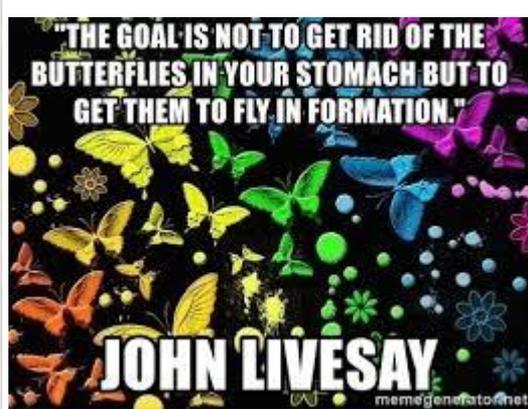
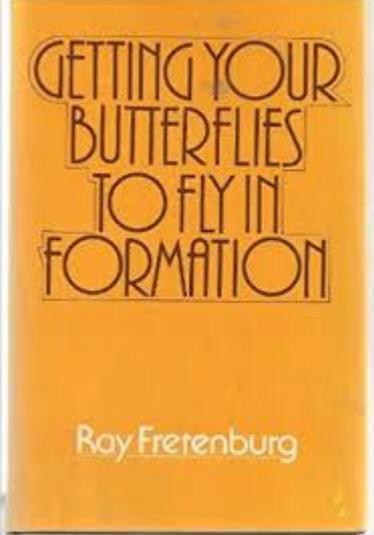
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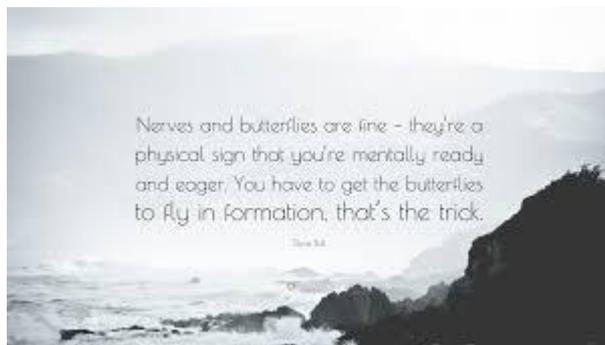
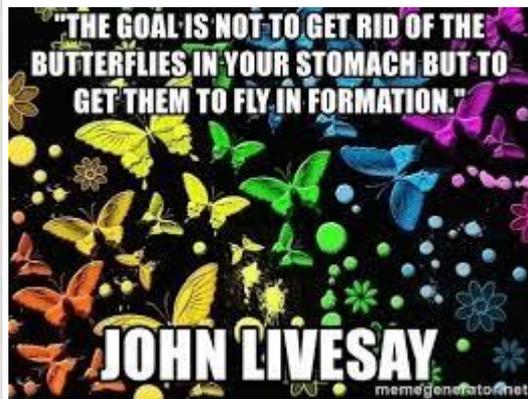


CENAL  
TIME FITNESS



# GETTING YOUR BUTTERFLIES TO FLY IN FORMATION

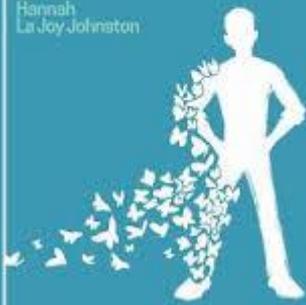
Roy Fretenburg



## BUTTERFLIES IN FORMATION

A PRACTICAL APPROACH TO MANAGING PERFORMANCE ANXIETY

by  
Hannah  
La Joy Johnston



Do you get butterflies when you start to speak?



Think about this: You never get rid of butterflies... you just teach them how to fly in formation!

My butterflies are still going strong. I just hope they are flying in formation.

Larry Mine

PICTURE QUOTES.COM



There is nothing wrong with having butterflies in your stomach, provided you make them fly in formation.

- Jon Jones

It's all right to have butterflies in your stomach. Just get them to fly in formation.

(Dr. Rob Gilbert)

izquotes.com

EVERYONE HAS BUTTERFLIES;  
IT'S ALL ABOUT GETTING  
THEM TO FLY IN FORMATION.



CHEVAL  
TIME SYSTEMS



## Faculty of Graduate Studies and Research

- ABOUT
- PROGRAMS
- PROSPECTIVE STUDENTS
- CURRENT STUDENTS
- AWARDS AND FUNDING
- PROFESSIONAL DEVELOPMENT

Home / Professional Development

### Professional Development

Professional development is the active acquisition of skills, knowledge, and mindset to fully realize one's strengths and potential in all environments. It sets up individuals for success in achieving their goals while giving them the ability to meet, exceed and adapt to personal, career, and societal responsibilities within the context of a changing world.

#### In this section

##### Professional Development Requirement

An exciting initiative to help you recognize your talents, pursue your interests, learn professional skills and make the connections that will help you excel in your chosen field.

##### Academic Integrity and Ethics Training Requirement

Complete your academic integrity and ethics training with eight hours of structured academic activity.

##### Events and Workshops

Attend a professional development conference, workshop or economic outlook presentation. Or challenge your communication skills with the Three Minute Thesis competition.

##### Graduate Student Internship Program

Secure a paid internship designed for graduate students. Made possible by a Government of Alberta grant.

##### Graduate Student Career Mentoring Program

Find academic and non-academic mentors to provide you with advice, support and strategies for your future.

##### Graduate Teaching and Learning Program

Deepen your understanding of how people learn and hone your teachings skills while getting an edge in the academic market and preparing for non-academic leadership roles.

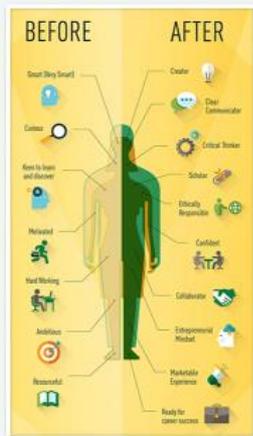
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##### Parent Link

##### Online Resources

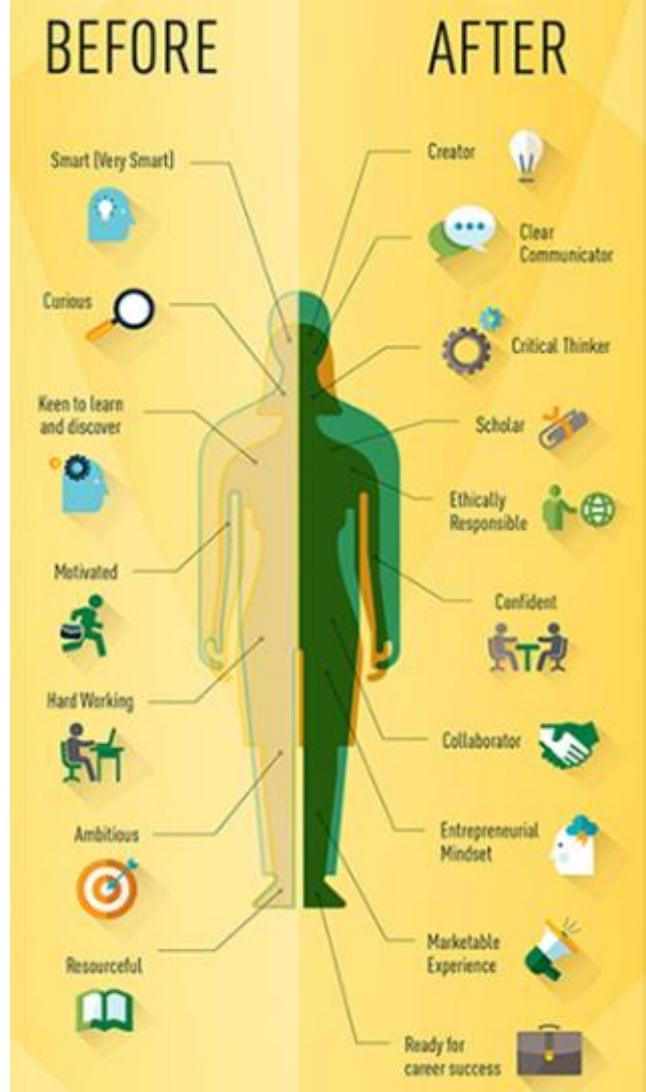
Access multiple resources and tools including MyGradSkills.ca (online modules for professional development and ethics credit).



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Events Calendar	
Professional Development: 3 Minute Thesis Finals	April 11, 2018 5:00 PM - 8:30 PM
Community Volunteer: On the Edge Speaker Series "Stuff & Stories: The Things We Take and Make from Fiction"	April 17, 2018 7:00 PM - 8:30 PM
Admissions: China Scholarship Council (CSC) Department Deadline	April 23, 2018
Graduate Teaching and Learning: Peer Observation	April 24, 2018 10:00 AM - 11:30 AM
Graduate Teaching and Learning: Teaching Circle	April 25, 2018 12:00 PM - 1:00 PM
FGSR Parent Link	April 26, 2018 12:00 PM - 1:00 PM
<a href="#">More events</a>	

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**Emblems**

**Body Language**

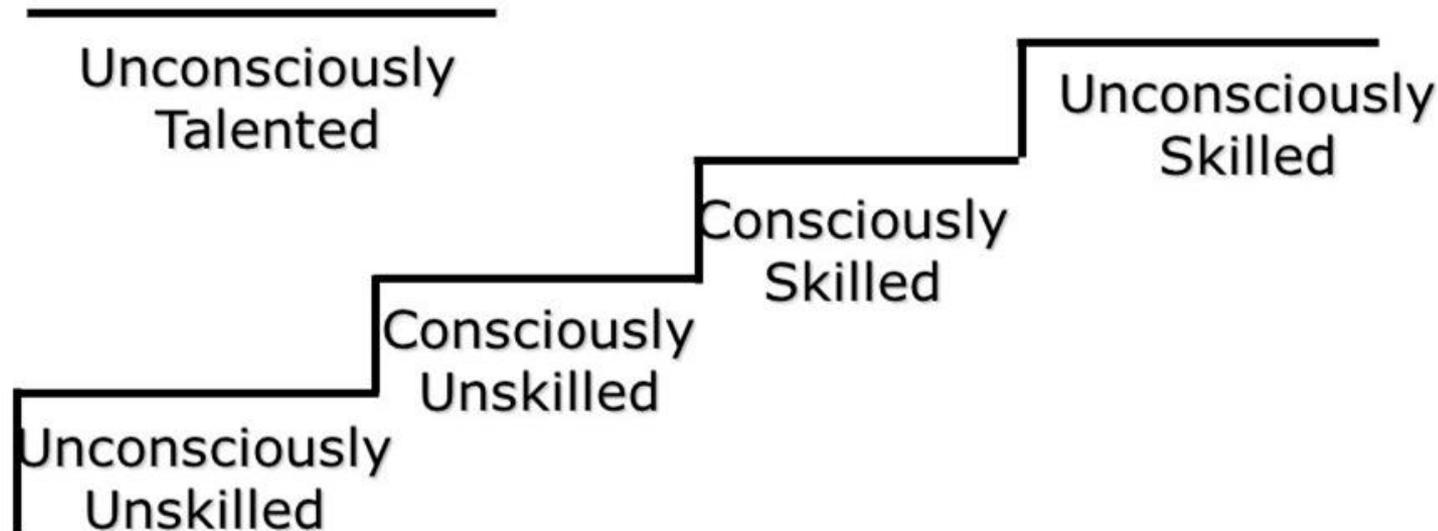
**Eye Scanning**

**Hands**

**Voice**

# Gordon's Skill Development Ladder

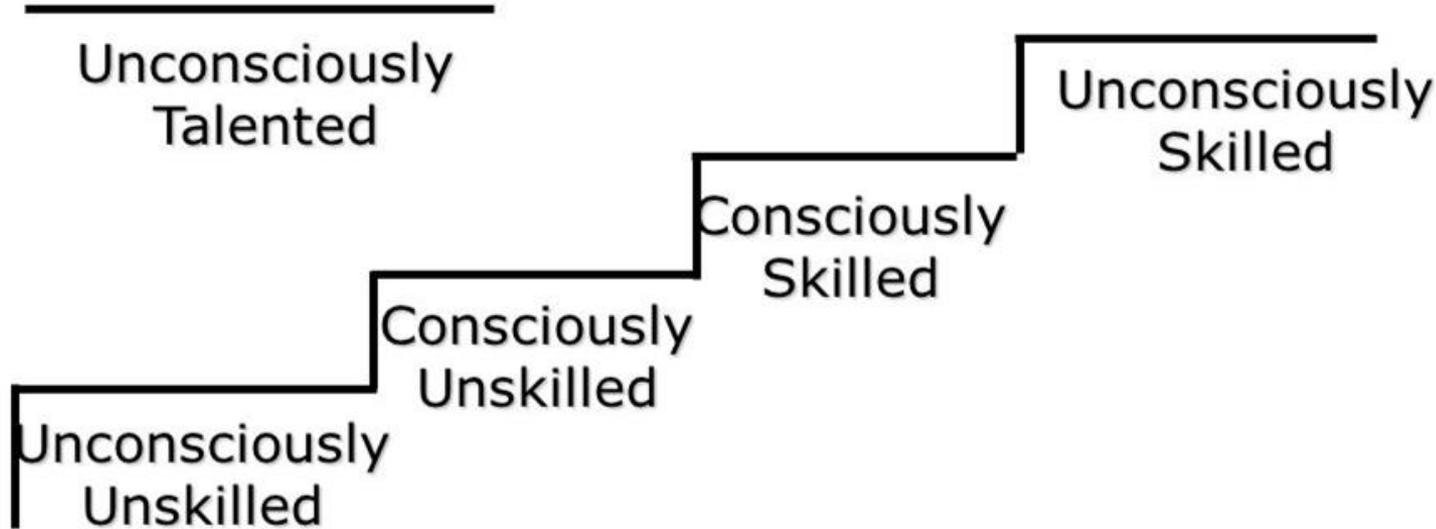
The Art of Teaching



■ Gordon's (1974) Skill Development Ladder

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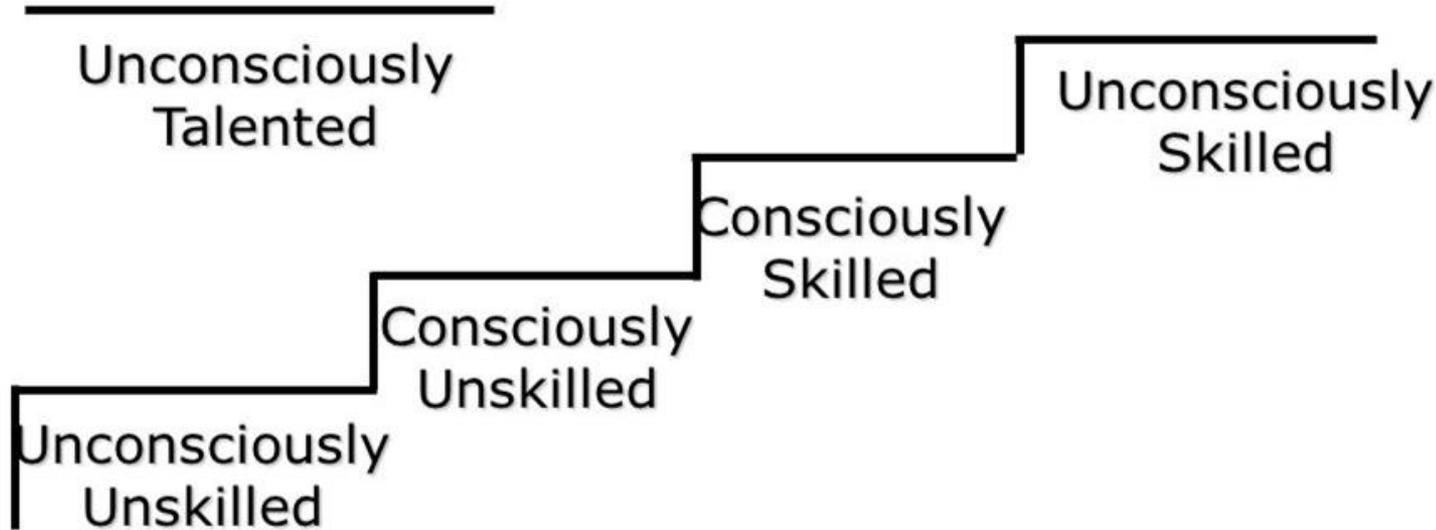
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The Art of Teaching



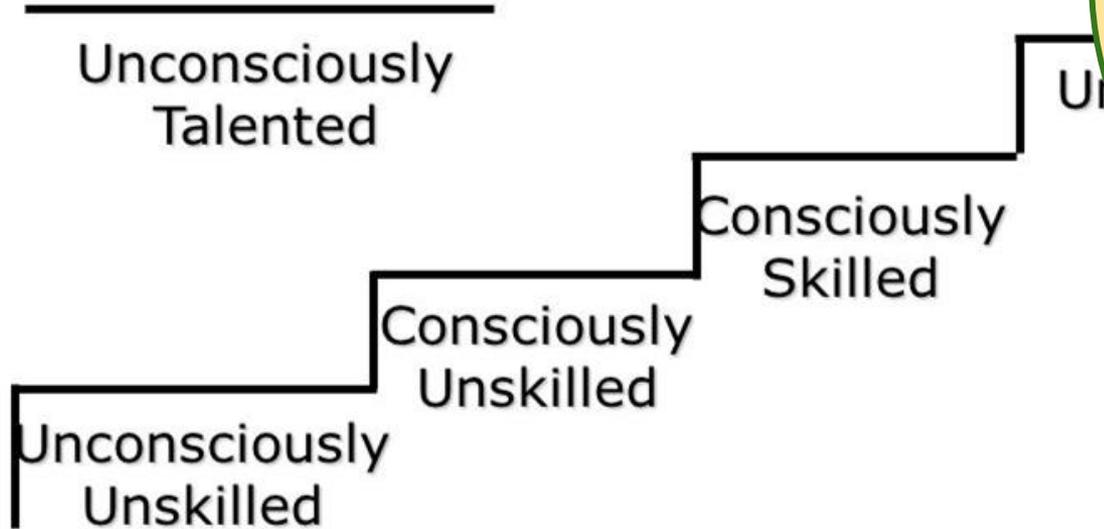
■ Gordon's (1974) Skill Development Ladder



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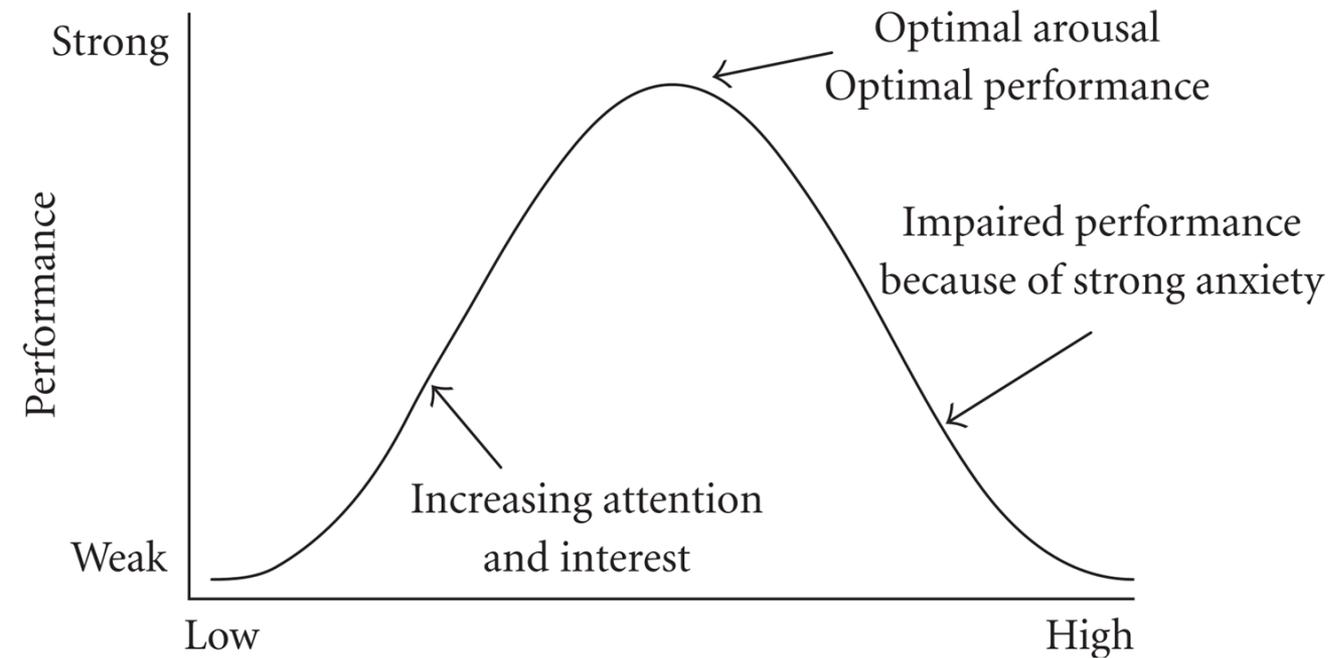
The Art of Teaching

**THINK OF THE  
DEVELOPMENTAL  
STEPS YOU  
EXPERIENCE  
WHILE  
ACQUIRING A  
NEW SKILL.**



■ Gordon's (1974) Skill Development Ladder

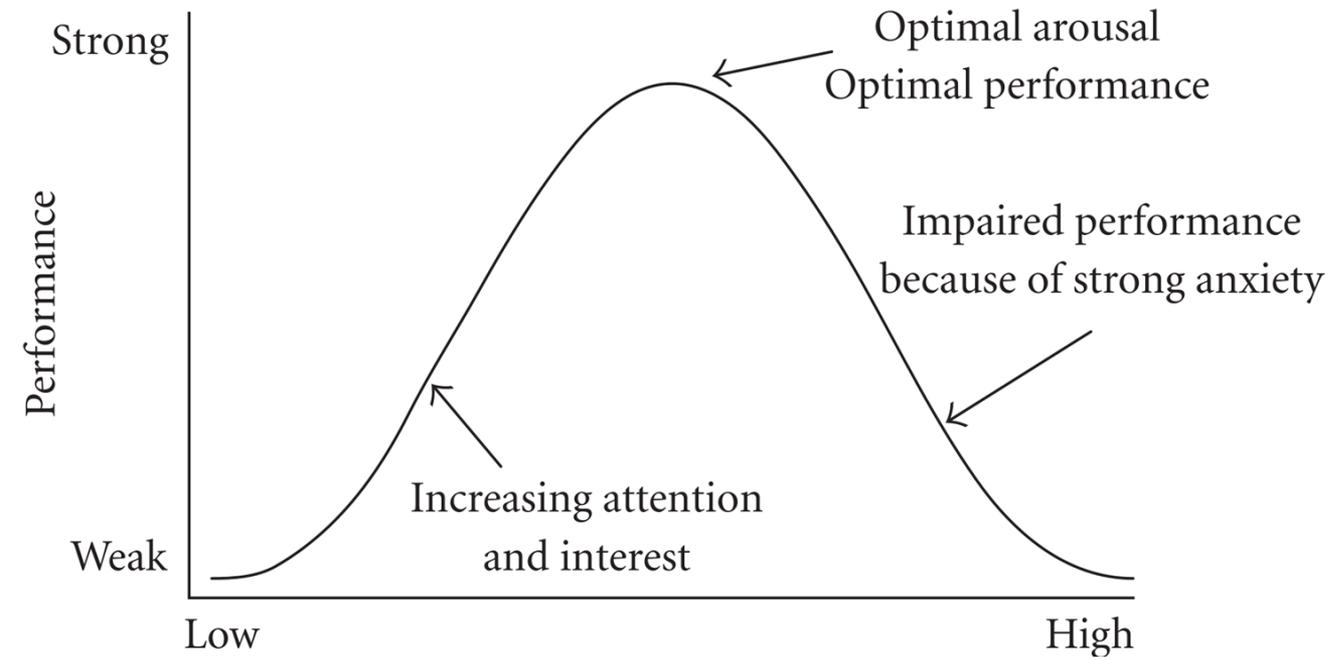




## Yerkes–Dodson law

From Wikipedia, the free encyclopedia

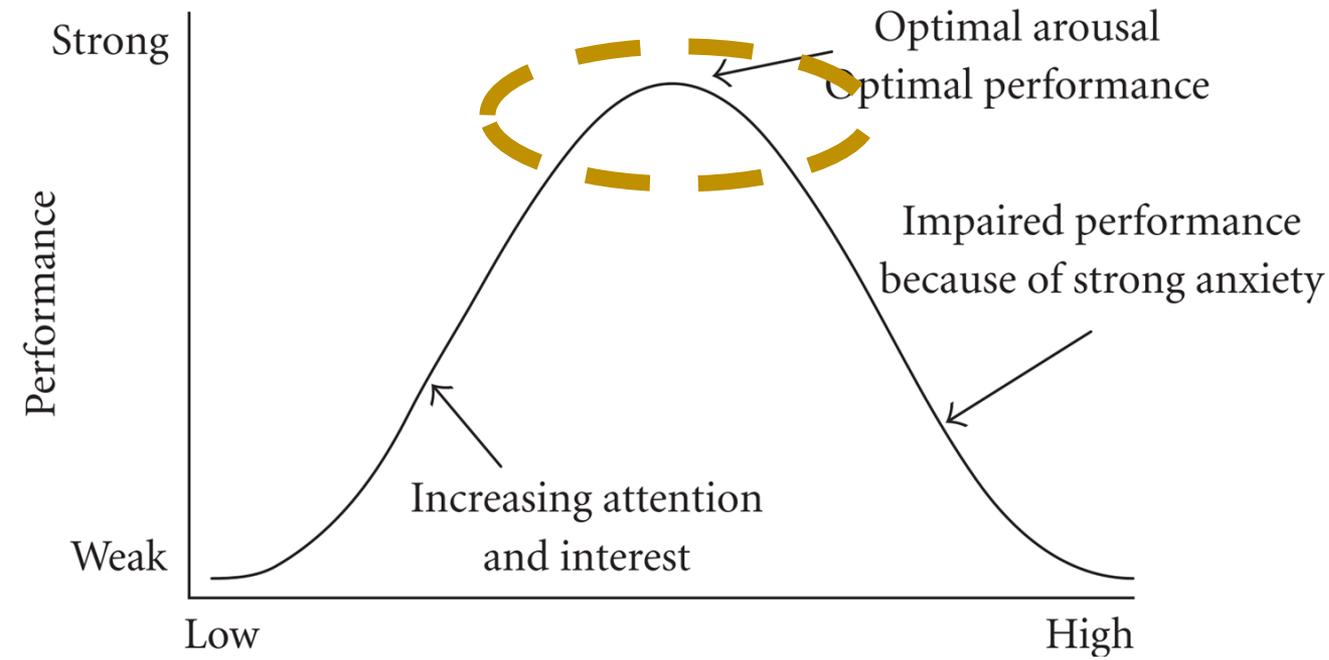
The **Yerkes–Dodson law** is an [empirical](#) relationship between [arousal](#) and performance, originally developed by [psychologists Robert M. Yerkes](#) and [John Dillingham Dodson](#) in 1908.<sup>[1]</sup> The law dictates that performance increases with physiological or mental arousal, but only up to a point. When levels of arousal become too high, performance decreases. The process is often illustrated graphically as a bell-shaped curve which increases and then decreases with higher levels of arousal.



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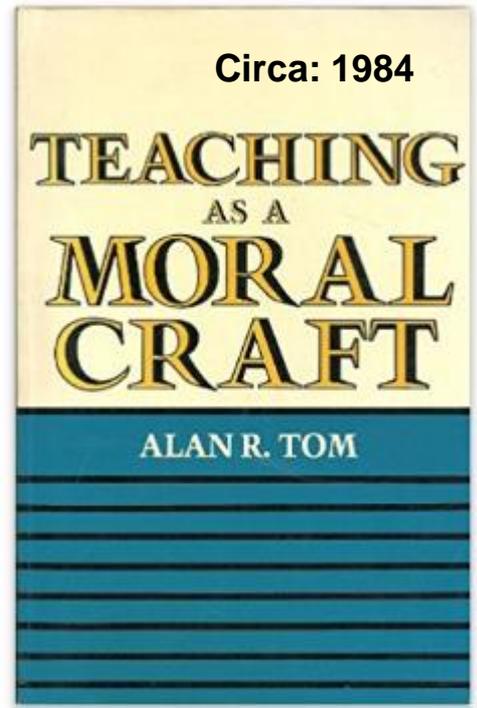
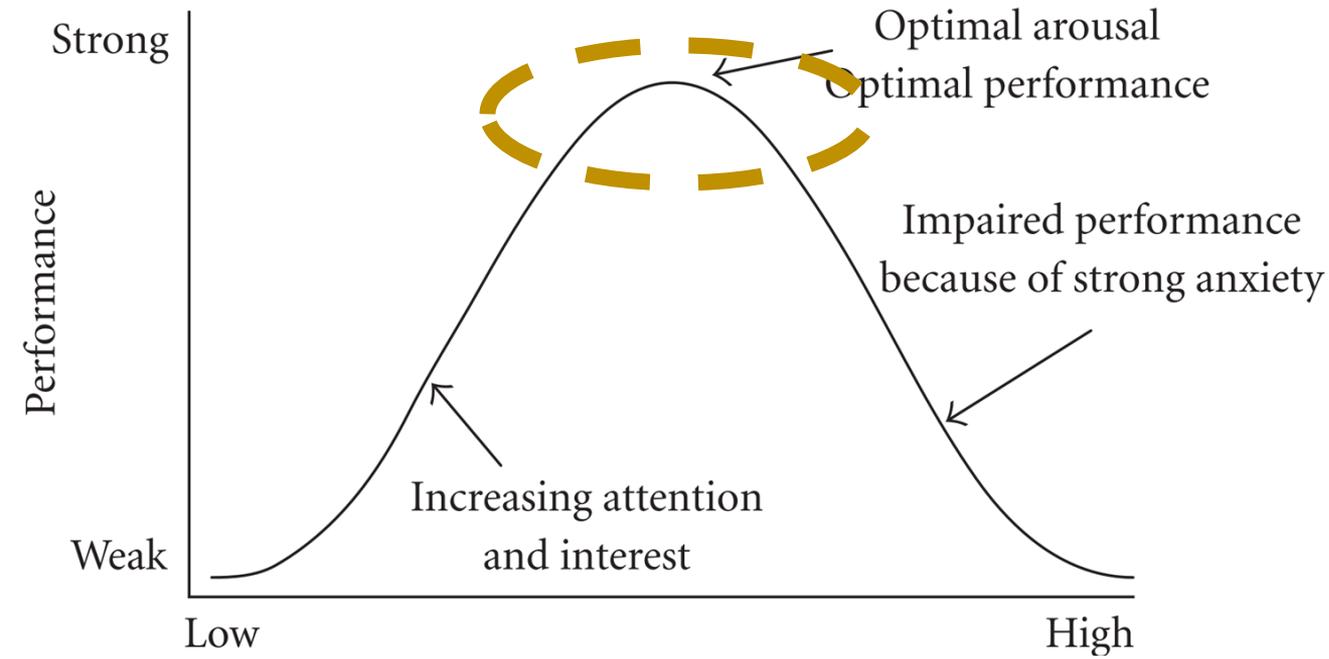


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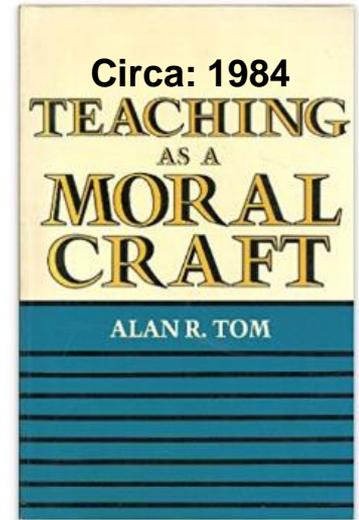
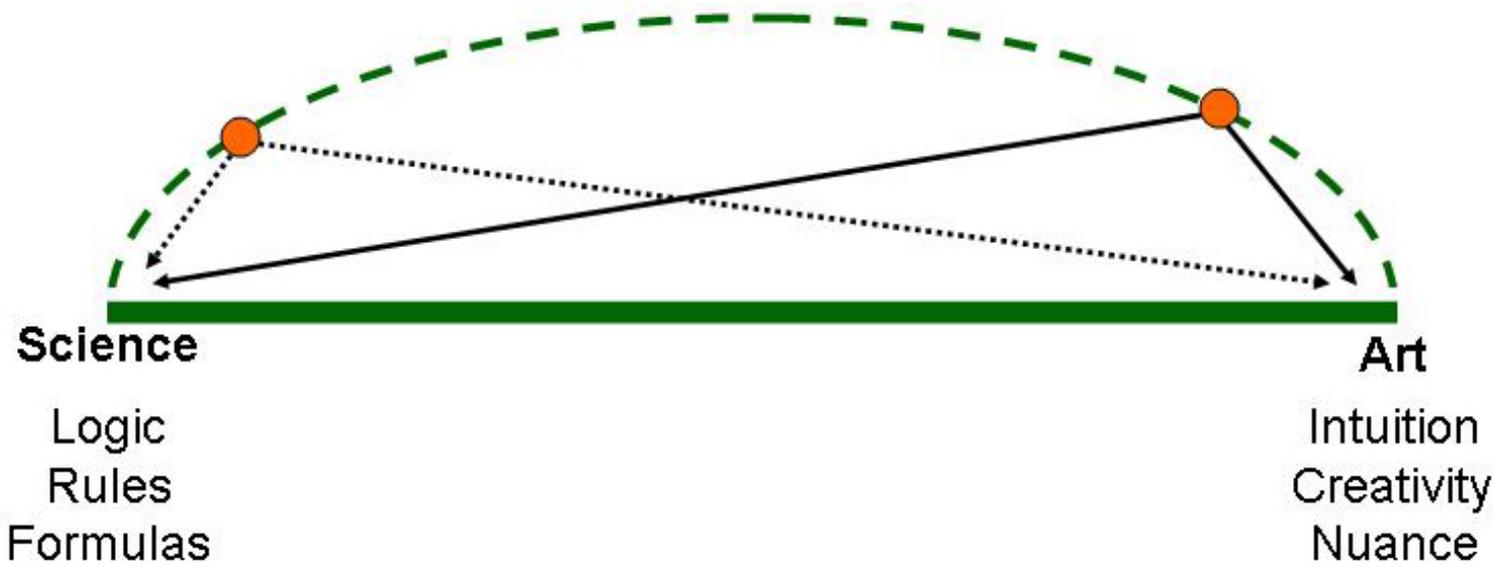




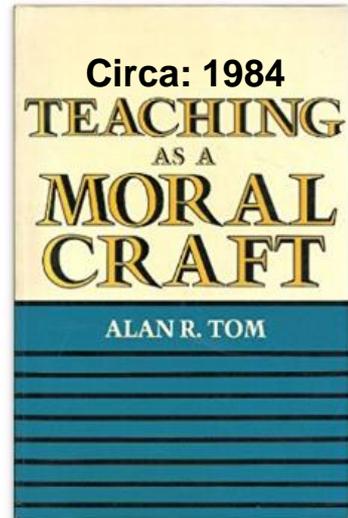
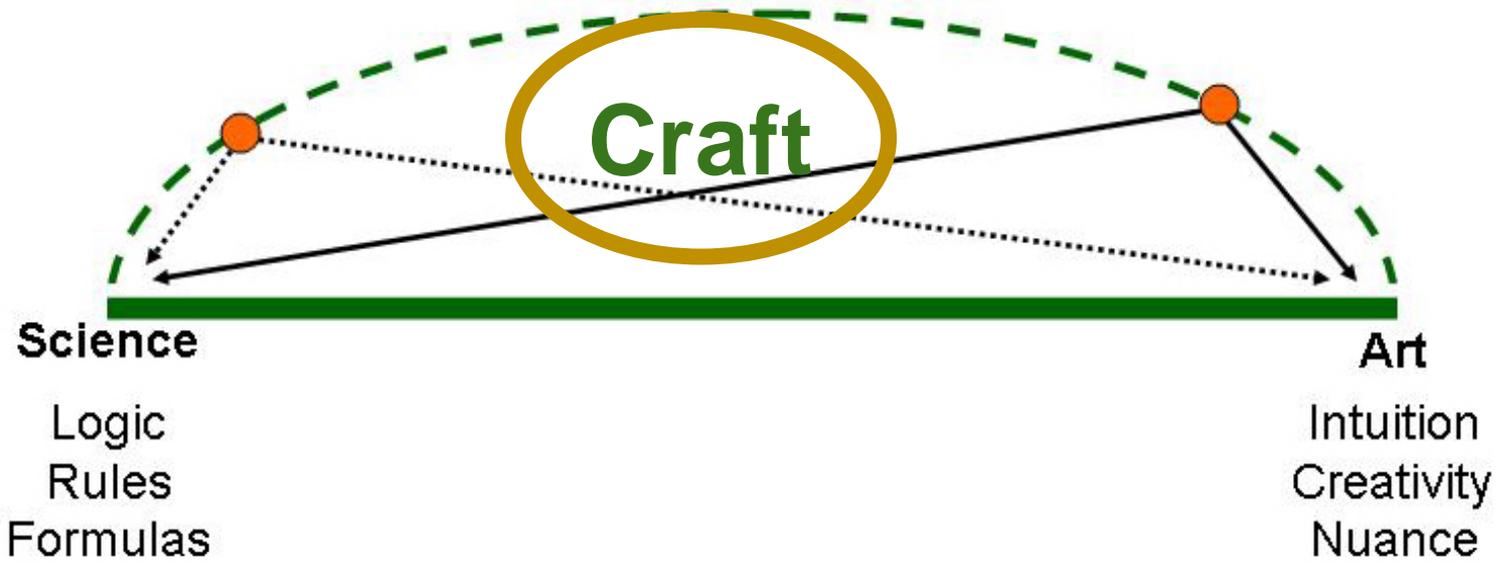
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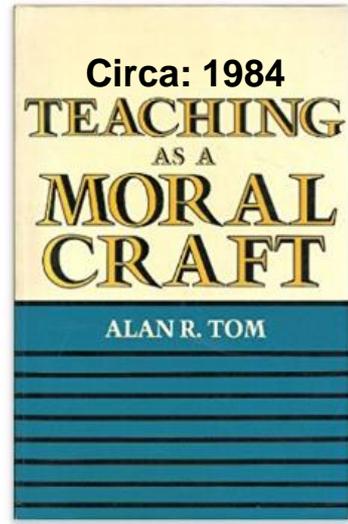
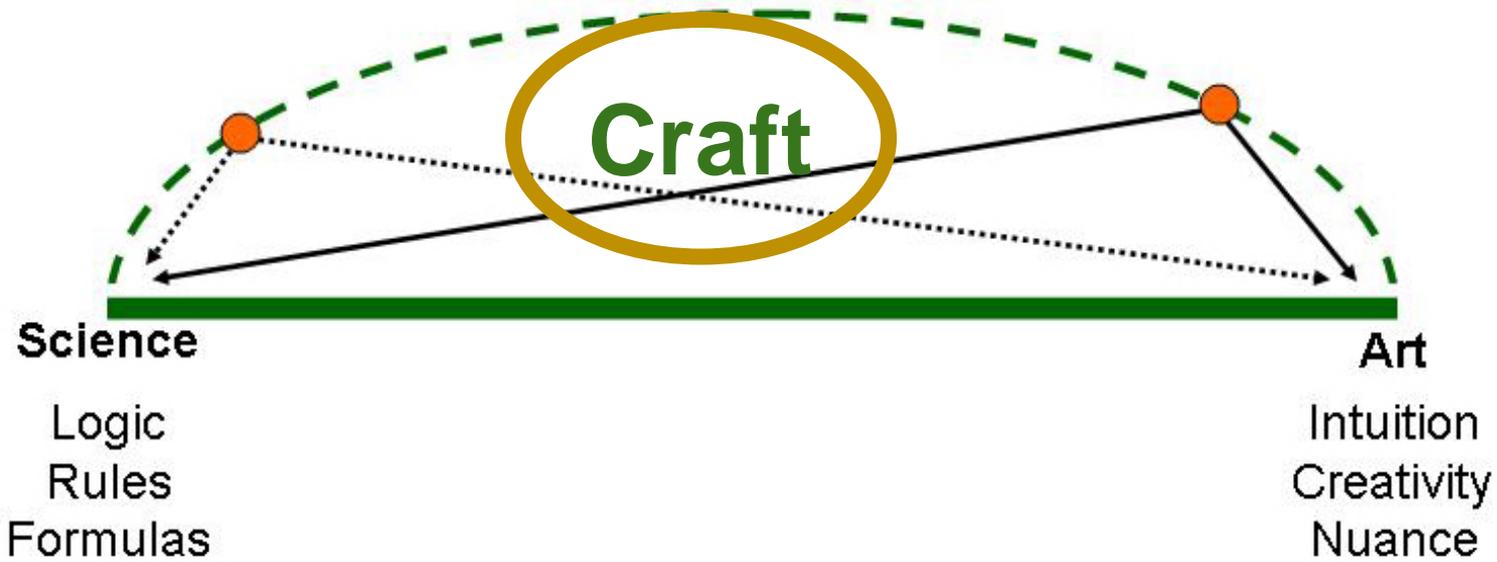
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<http://www.connerpartners.com/science-art-continuum>



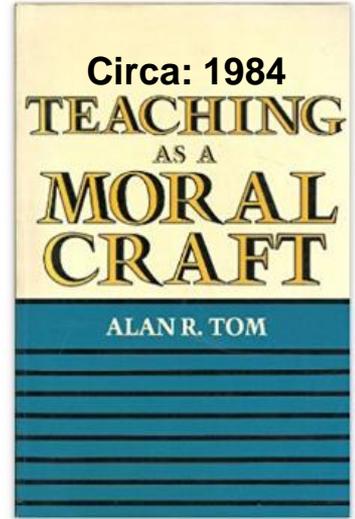
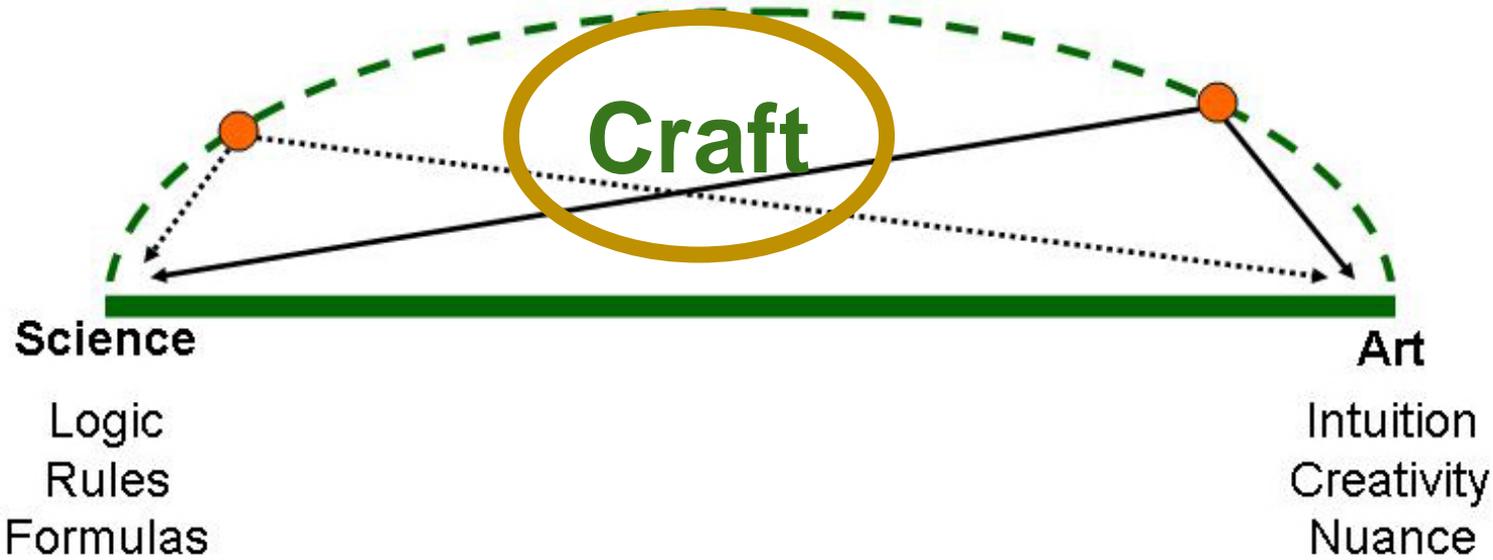
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**MICHELANGELO**



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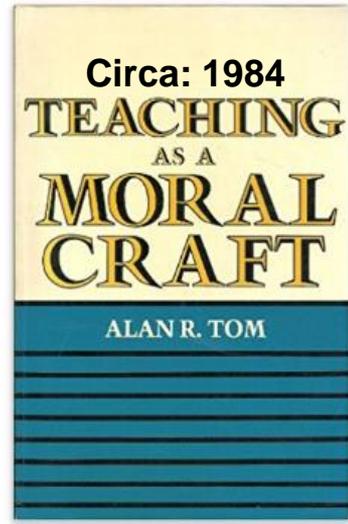
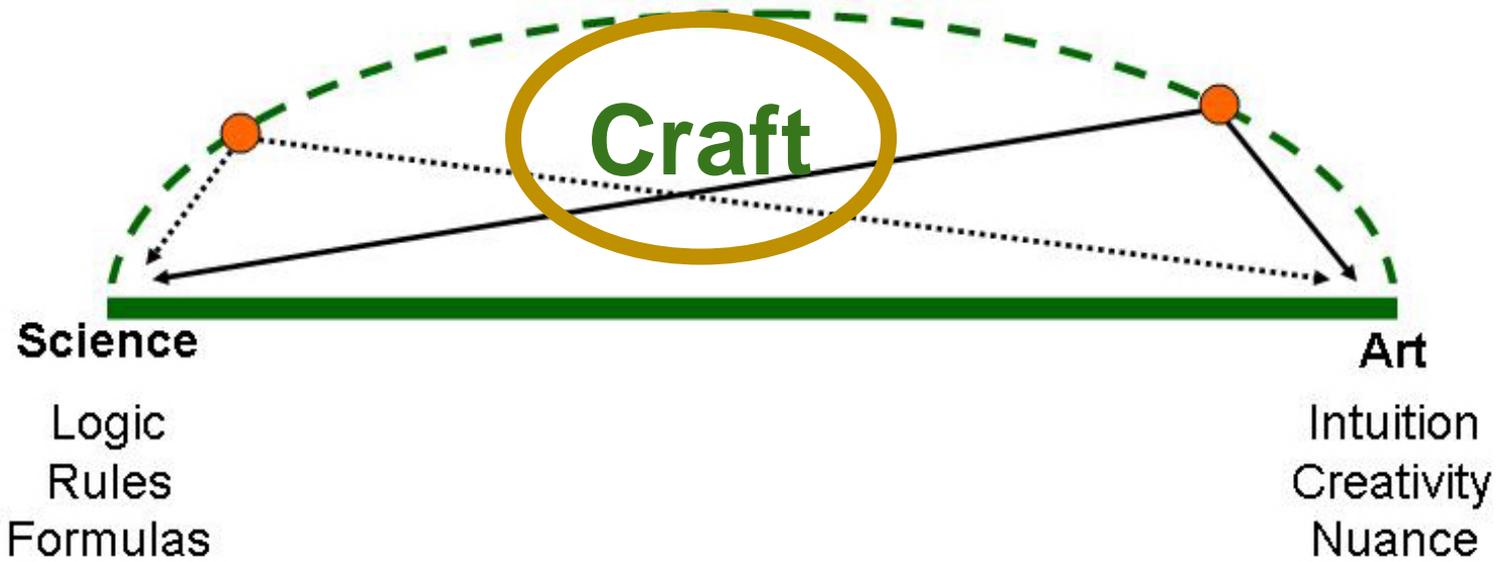


**MICHELANGELO**



**LEONARDO DA VINCI**





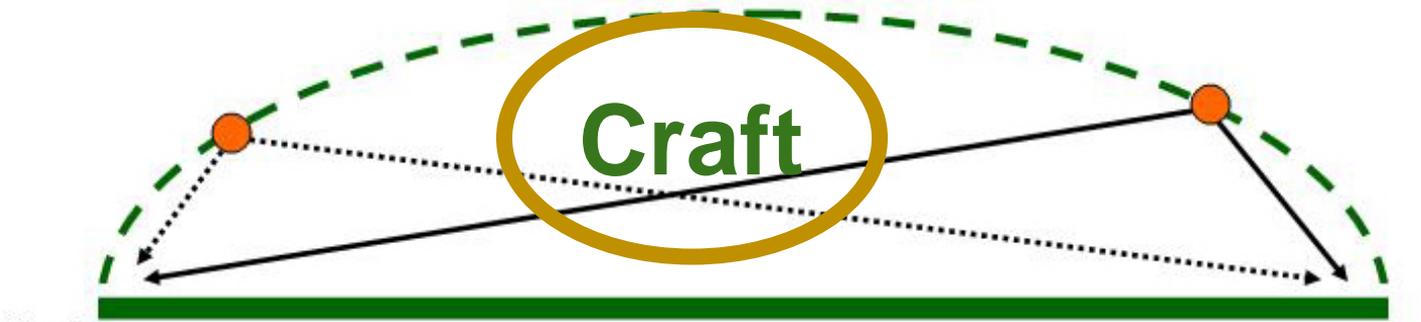
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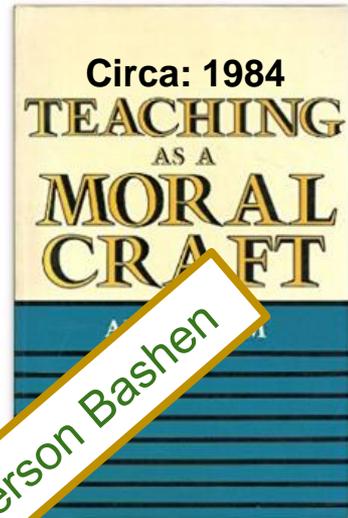


Science

Logic  
Rules  
Formulas

Art

Intuition  
Creativity  
Nuance



Circa: 1984  
**TEACHING AS A MORAL CRAFT**  
Janet Emerson Bashen

**MICHELANGELO**

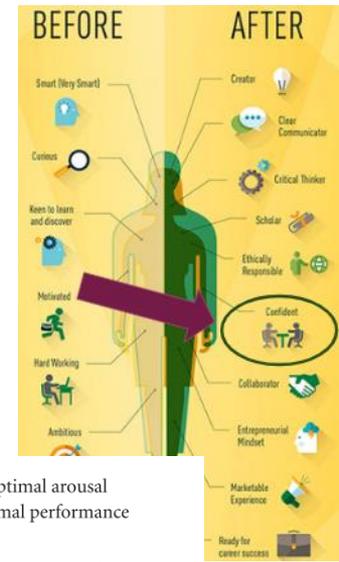
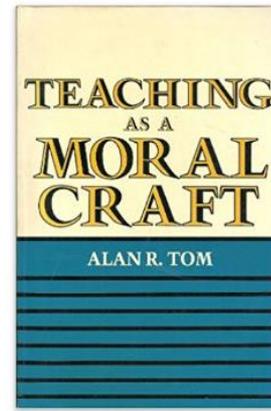
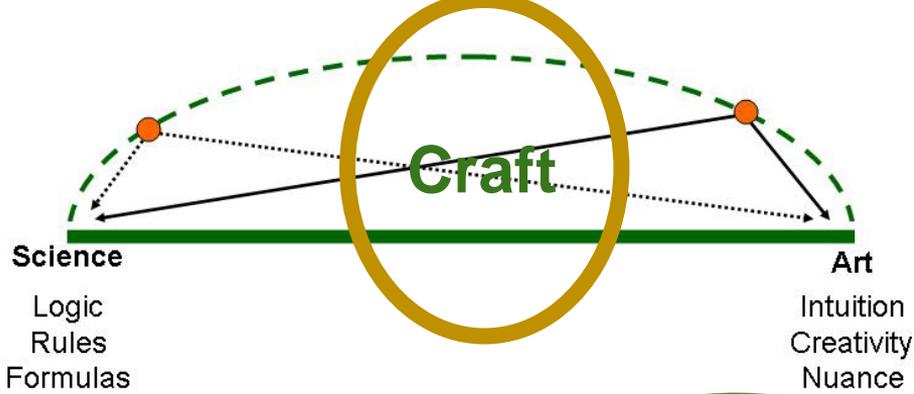


**LEONARDO DA VINCI**

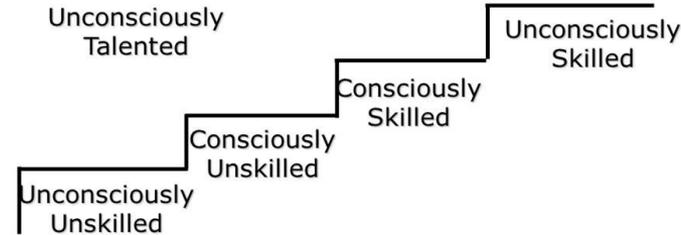
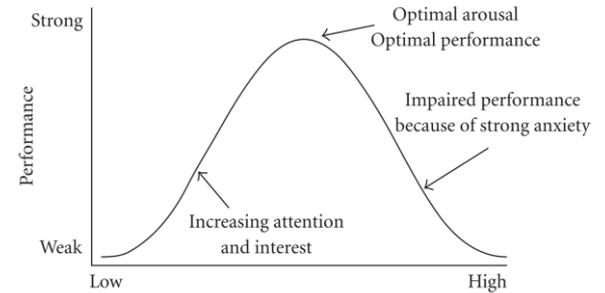


... patented a software program, LinkLine, to assist with web-based Equal Employment Opportunity investigations. [Wikipedia](#)

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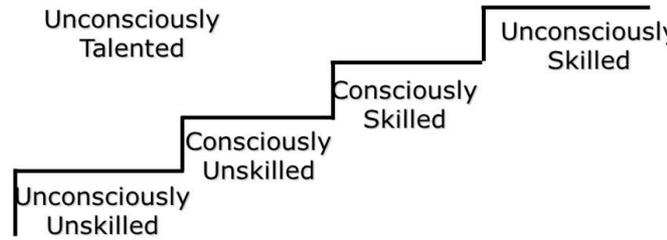
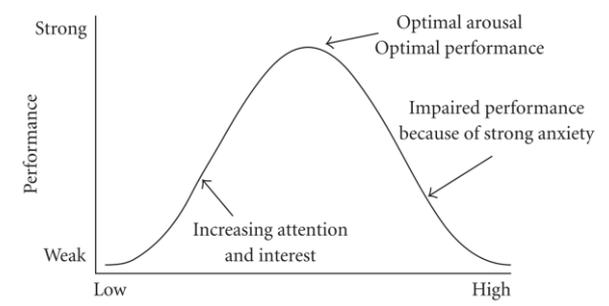
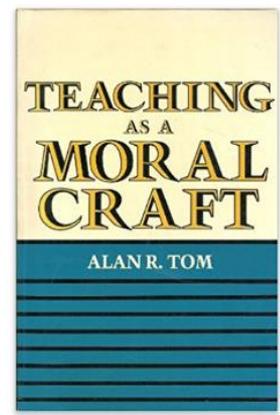
**HAVE I BEGUN  
TO ESTABLISH  
CREDIBILITY  
WITH YOU?**



**IS THEIR UNDERSTANDING AND CONFIDENCE INCREASING?**

**Art**  
Intuition  
Creativity  
Nuance

**HAVE I BEGUN TO ESTABLISH CREDIBILITY WITH YOU?**

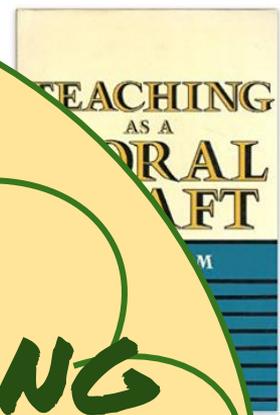


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IS YOUR  
**UNDERSTANDING**  
**AND**  
**CONFIDENCE**  
**INCREASING?**

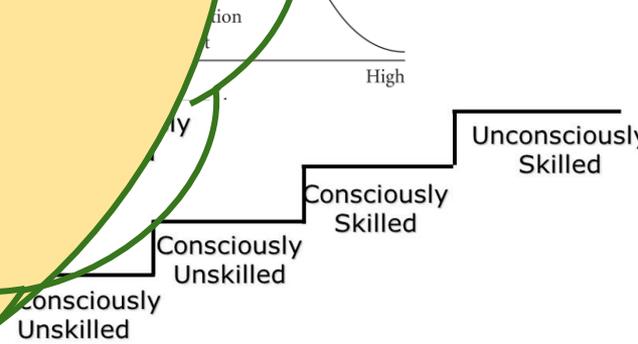
Science  
 Logic  
 Rules  
 Formulas

Cr?



Optimal arousal  
 Optimal performance

Impaired performance  
 because of strong anxiety



Gordon's (1974) Skill Development Ladder



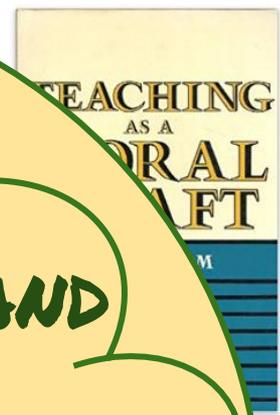
Science

Logic  
Rules  
Formulas

CIT?

**IS YOUR  
UNDERSTANDING AND  
CONFIDENCE  
INCREASING?**

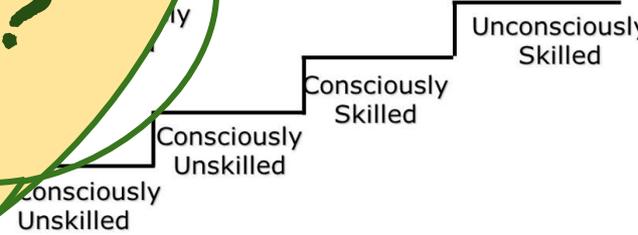
**ARE YOU INTERESTED IN  
EXPLORING FURTHER?**



Optimal arousal  
Optimal performance

Impaired performance  
because of strong anxiety

High



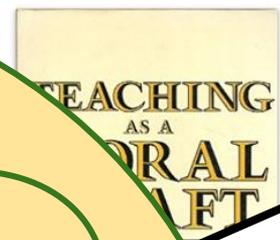
Gordon's (1974) Skill Development Ladder



Science  
Logic  
Rules  
Formulas

IS YOUR  
UNDERSTANDING AND  
CONFIDENCE  
INCREASED?

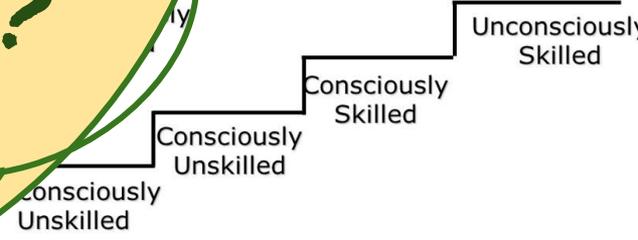
Check for Understanding  
INTERESTED IN  
LEARNING FURTHER?



Optimal arousal  
Optimal performance

Impaired performance  
because of strong anxiety

High



# BUTTERFLIES IN FORMATION: PERFORMANCE UNDER PRESSURE

- ✓ Host Introduction and Qualifications
- ✓ Shared Agenda and Citing Sources (Research)
- ✓ Framing the Learning
- ✓ Outcomes, - Learner Goals, - Teacher Targets
- ✓ Conversations about Presentation Performance
- ✓ Gordon's Skill Acquisition
- ✓ Yerkes-Dodson Law
- ✓ Science-Art Continuum (A. Tom)
- ✓ Check for Understanding

Three (3) Exemplars

**Subconscious Messaging**

**Emblems**

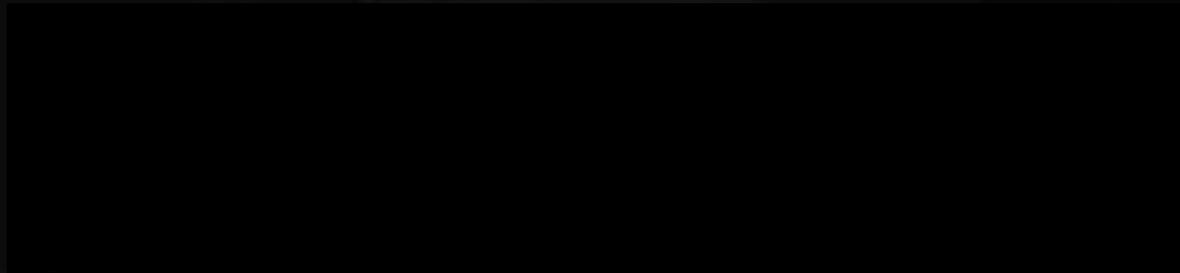
**Body Language**

**Eye Scanning**

**Hands**

**Voice**

# Gold star exemplars



## Rating your professor: five myths about university teaching quality

January 19, 2015 2:28pm EST



People are happy to pay university teachers are not good teachers, but the students seem to think otherwise. AlexVito, CC BY-SA

Myth 1: University teaching is poor

Myth 2: Good researchers make poor teachers and vice versa

Myth 3: Poor teaching is tolerated because only research counts

Myth 4: Student evaluations of teaching only encourage showmanship

Myth 5: Responding to student surveys will lead to a dumbing down of the curriculum

## Rating your professor: five myths about university teaching quality

January 19, 2015 2:28pm EST



People are happy to pay university teachers are not good teachers, but the students seem to think otherwise. AlexVito, CC BY-SA

Myth 1: University teaching is poor

Myth 2: Good researchers make poor teachers and vice versa

Myth 3: Poor teaching is tolerated because only research counts

**Myth 4: Student evaluations of teaching only encourage showmanship**

Myth 5: Responding to student surveys will lead to a dumbing down of the curriculum

## Myth 4: Student evaluations of teaching only encourage showmanship

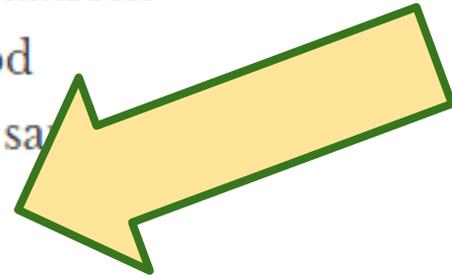
There are many who will tell you student evaluations are little more than a popularity contest, and therefore it is the charisma of the teacher and not the quality of the lesson that is being scrutinised.

But our student feedback data shows strong student evaluations correlate well with other indicators of teaching excellence, such as peer evaluations and institutional or government teaching awards. Students are good arbiters of quality. Perhaps unsurprisingly students care about the same things administrators and academics value – clarity, organisation, timeliness in feedback and general professionalism in teaching.

## Myth 4: Student evaluations of teaching only encourage showmanship

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04/20/2018



**AWESOME**

5.0

OVERALL QUALITY

3.0

LEVEL OF DIFFICULTY

01/04/2018



**AWESOME**

5.0

OVERALL QUALITY

3.0

LEVEL OF DIFFICULTY

ECE302

GIVES GOOD FEEDBACK

AMAZING LECTURES

INSPIRATIONAL

For Credit: Yes

Attendance:

Not Mandatory

Textbook Used: No

Would Take Again:

Yes

Makes lecturing an art form. Impeccably dressed and rehearsed. Exceptional feedback and supporting materials. Mani is in a class of his own.

ECE302

INSPIRATIONAL

CARING

RESPECTED

For Credit: Yes

Attendance:

Mandatory

Textbook Used: No

Would Take Again:

Yes

Grade Received: B-

I suck at ECE courses. I have poor note-taking habits. I attended every class and took notes every time. Mani is clear, concise, helpful, well-dressed, well-spoken, kind, confident, and a truly wonderful individual that everyone should strive to emulate. I've had many good professors at the University of Alberta, but none stand out as much as Mani.

<http://www.ratemyprofessors.com/ShowRatings.jsp?tid=791181>



1 person found this useful



0 people did not find this useful

04/20/2018



AWESOME

5.0

OVERALL QUALITY

3.0

LEVEL OF DIFFICULTY

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01/04/2018



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1 person found this useful



0 people did not find this useful

04/20/2018

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AWESOME

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Attendance:

Makes lecturing an art form. Impeccably dressed and rehearsed.

Exceptional feedback and supporting materials. Mani is in a class of his

5.0

3.0

**Planned agenda, know the audience, curriculum content and *the room***

**Lessons have beginning, middle, end**

01/04/2018



AWESOME

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5.0

OVERALL QUALITY

3.0

LEVEL OF DIFFICULTY

Textbook Used: No

Would Take Again:

Yes

**Build relationships w/ students**



01/23/2018



**AWESOME**

5.0

OVERALL QUALITY

4.0

LEVEL OF DIFFICULTY

WRITE295

PARTICIPATION MATTERS

INSPIRATIONAL

ACCESSIBLE OUTSIDE CLASS

For Credit: Yes

Attendance:

Mandatory

Textbook Used: Yes

Would Take Again:

Yes

Grade Received: A

Ruth is an engaging, caring professional who knows how to balance creative freedom with the structure necessary for developing essential skills. She is invested in the success of her students. Her class should be a 6-credit instead of 3 so that the momentum carries. Count yourself fortunate if you get accepted into her class.



12/19/2017



**AWESOME**

5.0

OVERALL QUALITY

2.0

LEVEL OF DIFFICULTY

WRITE295

AMAZING LECTURES

GIVES GOOD FEEDBACK

CLEAR GRADING CRITERIA

For Credit: Yes

Attendance:

Mandatory

Textbook Used: Yes

Would Take Again:

Yes

Grade Received: A-

Ruth was absolutely amazing. She went above and beyond to help students improve their writing, set out clear expectations and was incredibly open-minded. You knew what was expected from you but also had a lot of agency to write on whatever you wanted within those expectations. Would definitely recommend any class by this prof! Also a nice marker!

<http://www.ratemyprofessors.com/ShowRatings.jsp?tid=279686>

01/23/2018



AWESOME

5.0

OVERALL QUALITY

4.0

LEVEL OF DIFFICULTY

WRITE295

PARTICIPATION MATTERS

INSPIRATIONAL

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Attendance:

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12/19/2017



AWESOME

5.0

OVERALL QUALITY

2.0

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<http://www.ratemyprofessors.com/ShowRatings.jsp?tid=279686>

01/23/2018



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**Invest to get everyone involved and successful**

12



AWESOME

5.0

OVERALL QUALITY

2.0

LEVEL OF DIFFICULTY

For Credit: Yes

Attendance:

Mandatory

Textbook Used: Yes

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**Share learning responsibility**

<http://www.ratemyprofessors.com/915111>

03/28/2017



**AWESOME**

5.0

OVERALL QUALITY

3.0

LEVEL OF DIFFICULTY

GERM111

CARING

For Credit: Yes

Attendance:

Mandatory

Textbook Used: Yes

Would Take Again:

Yes

Grade Received: N/A

Amazing. She is really caring about her students and probably the most down to earth prof I've ever met. She's funny too and makes class really enjoyable. I'm not a morning person in the slightest, but if Ute was teaching an 8 am class, I'd be in that class. That's how much I love this prof. She's great.

05/20/2016



**AWESOME**

5.0

OVERALL QUALITY

4.0

LEVEL OF DIFFICULTY

GERM342

GIVES GOOD FEEDBACK

RESPECTED

CARING

For Credit: Yes

Attendance:

Mandatory

Textbook Used: No

Would Take Again:

N/A

Grade Received: B+

God bless Ute. This class was everything I hate about German (grammar!) and I still had a great time. She's extremely helpful, funny, and kind. Just - take a class with her and believe me your semester will be better for it. What a great lady. Best prof at the U of A.

<http://www.ratemyprofessors.com/ShowRatings.jsp?tid=87052>



0 people found this useful



0 people did not find this useful

03/28/2017



AWESOME

5.0

OVERALL QUALITY

3.0

LEVEL OF DIFFICULTY

GERM111

CARING

For Credit: Yes

Attendance:

Mandatory

Textbook Used: Yes

Would Take Again:

Yes

Grade Received: N/A

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05/20/2016



AWESOME

5.0

OVERALL QUALITY

4.0

LEVEL OF DIFFICULTY

GERM342

GIVES GOOD FEEDBACK

RESPECTED

CARING

For Credit: Yes

Attendance:

Mandatory

Textbook Used: No

Would Take Again:

N/A

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0 people found this useful



0 people did not find this useful

03/28/2017



AWESOME

5.0

OVERALL QUALITY

3.0

LEVEL OF DIFFICULTY

GERM111

CARING

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Attendance:

Mandatory

Textbook Used: Yes

Would Take Again:

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Invest in people while learning - relationship building

GERM342

GIVES GOOD FEEDBACK

RESPECTED

CARING

For Credit: Yes

Attendance:

Mandatory

God bless Ute. This class was everything I hate about German (grammar!) and I still had a great time. She's extremely helpful, funny, and kind. Just - take a class with her and believe me your semester will be better for it. What a great lady. Best prof at the U of A.

Invest time to address emergent questions

Grade Received: B+

<http://www.moodle.org>



0 people found this useful



0 people did not find this useful

Most people do not listen with the intent to understand; they listen with the intent to reply.

Many of us are guilty of starting a conversation and putting a thought or question out there.

Instead of giving the other individual time to formulate a response, we immediately rephrase the question or remark and answer it ourselves.

In other words, we don't give ourselves a chance to listen since we never stop talking.

## The Art of Active Listening

Published on May 14, 2018



Glenna Fulks | [+ Follow](#)

Chief Connecting Officer & Curator of Memorable Experiences

[8 articles](#)



7,989



467



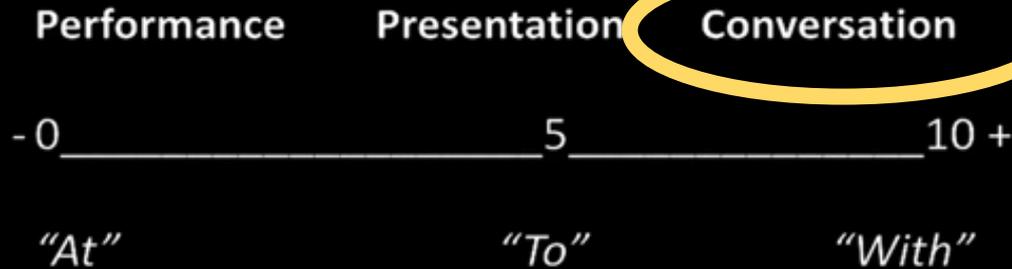
1,463

<https://www.linkedin.com/pulse/art-active-listening-glenna-fulks/>



## Secret #5

### The Communication Effectiveness Continuum



3:19 / 18:24



# BUTTERFLIES IN FORMATION: PERFORMANCE UNDER PRESSURE

- ✓ Host Introduction and Qualifications
- ✓ Shared Agenda and Citing Sources (Research)
- ✓ Framing the Learning
- ✓ Outcomes, - Learner Goals, - Teacher Targets
- ✓ Conversations about Presentation Performance
- ✓ Gordon's Skill Acquisition
- ✓ Yerkes-Dodson Law
- ✓ Science-Art Continuum (A. Tom)
- ✓ Check for Understanding
- ✓ Three (3) Exemplars

## **Subconscious Messaging**

**Emblems**

**Body Language**

**Eye Scanning**

**Hands**

**Voice**

Master  
Effective Body  
Language Well  
Business  
Non-verbal  
Cross  
Good  
Message  
Active  
Empathic  
Cultural  
Listen

# Listening

# Communication

# Skills



Master  
**Listening**  
Effective Body

Non-verbal  
Business

**Comm**

Active  
Empathic  
Cultural  
Intelligen

REMEMBER WHEN I SAID,  
'I'M REALLY NERVOUS  
ABOUT PRESENTING TO  
SUCH A LARGE, HIGHLY  
EDUCATED AUDIENCE'?



Master  
**Listening**  
Effective Body

Non-verbal  
Business

**Comm**

Active  
Empathic  
Cultural  
Intelligence

DID YOU  
BELIEVE  
ME?



REMEMBER  
IT

WHY  
'CONFIDENCE'?



[https://youtu.be/\\_v36Vt9GmH8?t=1m42s](https://youtu.be/_v36Vt9GmH8?t=1m42s)

1:42 - 3:00

▶ | 🔊 1:42 / 15:39



Body Language: The Key to Your Subconscious | Ann Washburn | TEDxIdahoFalls

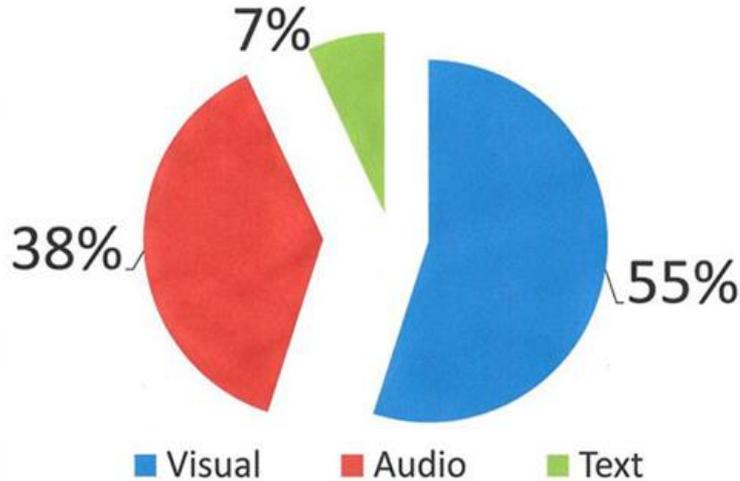


1:42 - 3:00

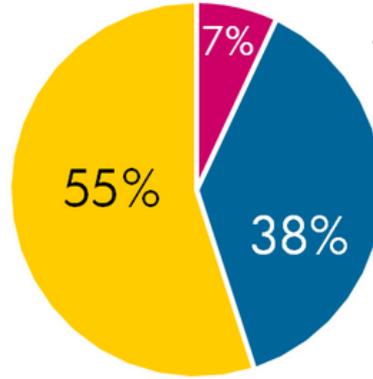
## Cognitive Dissonance

# BODY POSTURE

## Impact of Communication



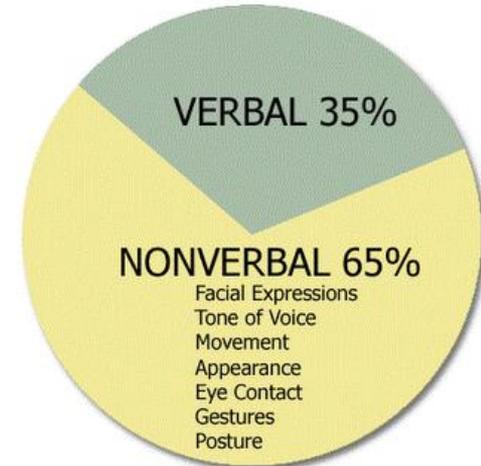
Source: UCLA study on how audience learns during a presentation



Dr. Albert Mehrabian's 7-38-55% Rule

## Elements of Personal Communication

- 7% spoken words
- 38% voice, tone
- 55% body language



Copyright © 2008 [www.imprinttrainingcenter.blogspot.com](http://www.imprinttrainingcenter.blogspot.com)

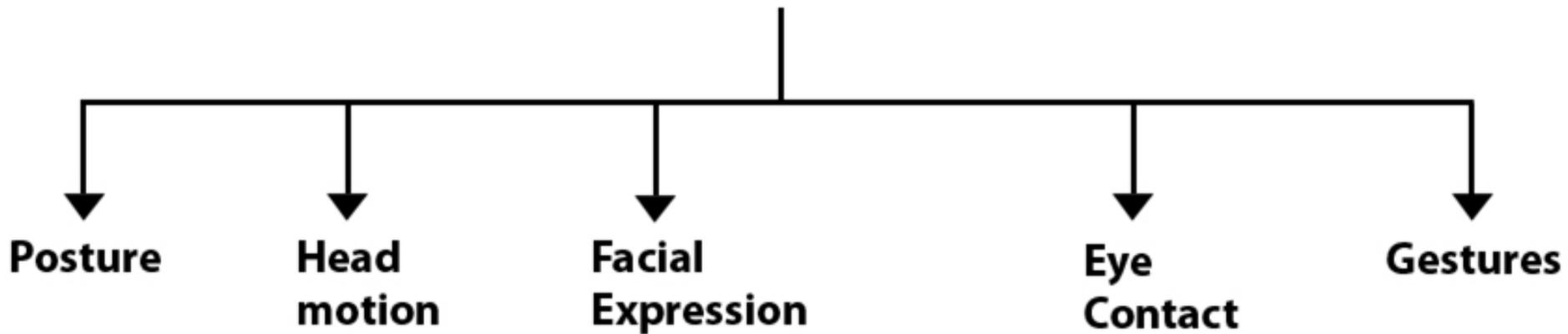
# 1. EMBLEMS

Emblems are the only true 'body language', in that these movements have a set of precise meanings, which are understood by all members of a culture or subculture. The term 'emblem' I borrowed from Efron (1968), the pioneer in studying cultural differences in body movements. Emblems are socially learned and thus, like language, culturally variable. A message may have an emblem in one culture, and no emblem in another cultural setting. Or the same movement pattern may have quite different meanings in different cultural settings.

\* Ekman P. (2004) Emotional and Conversational Nonverbal Signals. In: Larrazabal J.M., Miranda L.A.P. (eds) Language, Knowledge, and Representation. Philosophical Studies Series, vol 99. Springer, Dordrecht

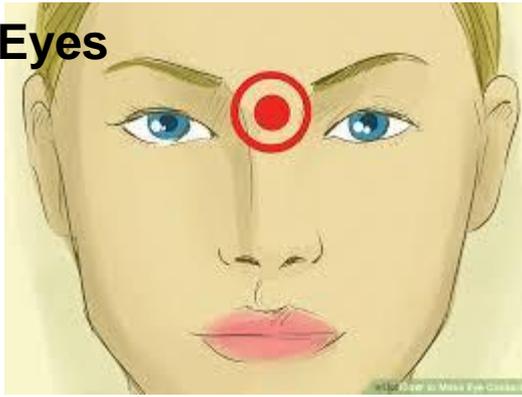
[https://link.springer.com/chapter/10.1007/978-1-4020-2783-3\\_3](https://link.springer.com/chapter/10.1007/978-1-4020-2783-3_3)

# Body Language



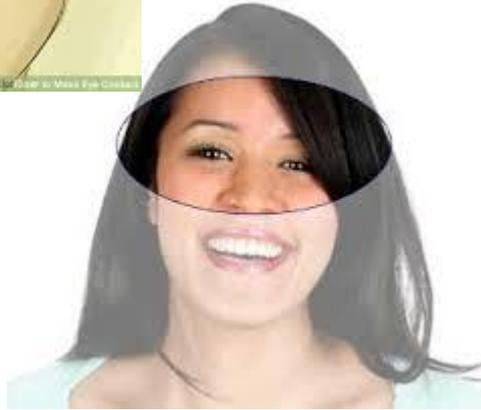
## Features of Body Language

## Eyes



If you're participating in healthy conversation (and not experiencing the above emotions), "eye contact" is effectively defined as looking **semi-randomly in an area whose borders surround the eyes by about two centimeters**. This would be between 30 and 70 percent of the time.

<http://www.thelanguagelab.ca/posts/nonverbal-communication-the-importance-of-eye-contact/>



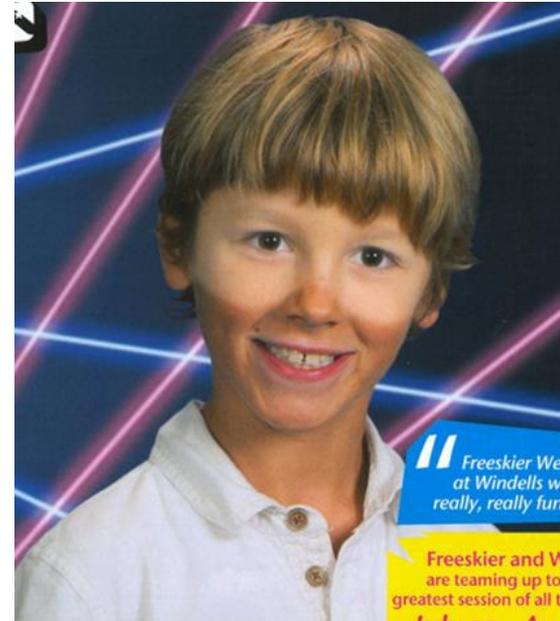
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<http://www.thelanguagelab.ca/posts/nonverbal-communication-the-importance-of-eye-contact/>

The first thing to do, after taking the lectern, and *before* beginning your talk, is to find a friendly face and make eye contact. This is one reason for arriving early at the place of your talk to and to 'Meet & Greet' audience members. Introduce yourself and ask them questions.

Making eye contact with people you meet beforehand who express friendliness, and an eagerness to hear you speak, will get your talk off to a jumpstart.

Look at that person directly in the eye and start speaking. Then, after a few moments, move on to another welcoming face.

By using good eye contact you are able to *connect with the audience*, and *connecting* is a major goal of public speaking.

<https://nosweatpublicspeaking.com/non-verbal-communication-1-eye-contact/>



# Eyes

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# Scanning

1:04 - 1:22 18 sec

**TED<sup>x</sup> SonomaCounty**  
x = independently organized TED event



▶ ⏪ 🔊 1:06 / 18:26



# Scanning

1:04 - 1:22 18 sec

**TED<sup>x</sup> SonomaCounty**  
x = independently organized TED event

▶ ⏪ 🔊 1:06 / 18:26





1:04 - 1:22

18 sec.

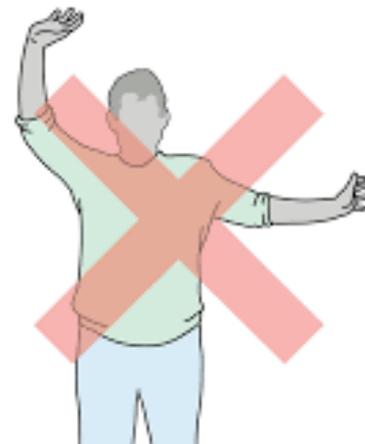


# HANDS

:04 - :58



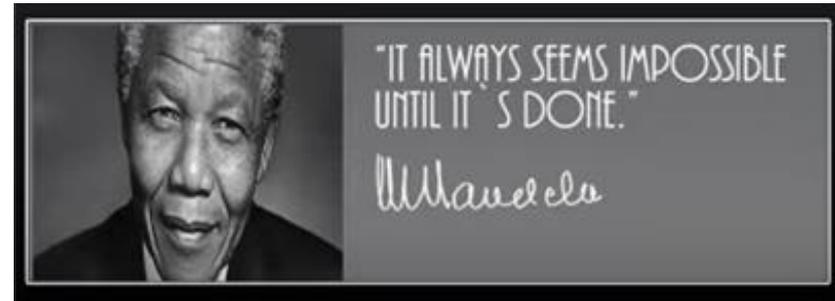
**When you don't know what to do, drop your hands to your sides for a moment.**



<https://youtu.be/QqhkdhICHLk?t=4s>



## Voice Inflection





0:00 - 1:00

\* Video not approved for epsb.ca. Approve ×

3MT '17-Farhia Haque

<https://tinyurl.com/y8x5j7k6>

1:25

1:46 - 2:15

*How can we tell Ross is  
so not "fine" even when he  
claims he is?*



1:48 / 4:32



The Importance of Nonverbal Cues as told by "Friends"

<https://youtu.be/OvEci5Bjgd4?t=1m48s>



1:46 - 2:15

## Secret 1 - 3

Words:	7%
Voice Tone:	38%
Body Language:	55%



The 7 secrets of the greatest speakers in history | Richard Greene | TEDxOrangeCoast

<https://www.youtube.com/watch?v=i0a61wFaF8A>

<https://www.youtube.com/watch?v=4eBmyttcfU4>

**TED<sup>x</sup> SonomaCounty**  
x = independently organized TED event



▶ ⏪ 🔊 1:06 / 18:26



The Myth of Average: Todd Rose at TEDxSonomaCounty

# Presentation Tips

- Speak slowly and clearly and loudly
- Use easy language
- Smile
- Don't worry be happy
- Be calm, confident and positive
- Stand still
- Move your hands naturally
- Try not to giggle
- Hold your notes in your hand(s) or put them on the table
- Keep eye contact
- Don't worry about mistakes - just carry on
- Look up - don't put your head in your paper
- Use visuals: pictures, photos, graphs, objects
- Maybe use PowerPoint?

Emblems: Second layer of communication -

Total communication

Simultaneous communication

**BE**  
**AUTHENTIC**  
**NOT**  
**THEATRICAL**

PRACTICE  
MAKES  
PERFECT

PRACTICE  
MAKES  
PERFECT



**GOOD PRACTICE  
MAKES PERFECT**

PRACTICE  
MAKES  
PERFECT



GOOD PRACTICE  
MAKES ~~PERFECT~~  
IMPROVEMENT



GOOD PRACTICE  
MAKES ~~PERFECT~~  
*IMPROVEMENT*

Practice makes ~~perfect.~~  
**PERMANENT**



GOOD PRACTICE  
MAKES ~~PERFECT~~  
IMPROVEMENT

**GREAT**

**IMPROVEMENT**

Practice makes ~~perfect.~~

**PERMANENT**



GOOD PRACTICE  
MAKES ~~PERFECT~~  
IMPROVEMENT

**GREAT**

Practice makes ~~perfect.~~

**PERMANENT**



*Spatial* **Behavior**

