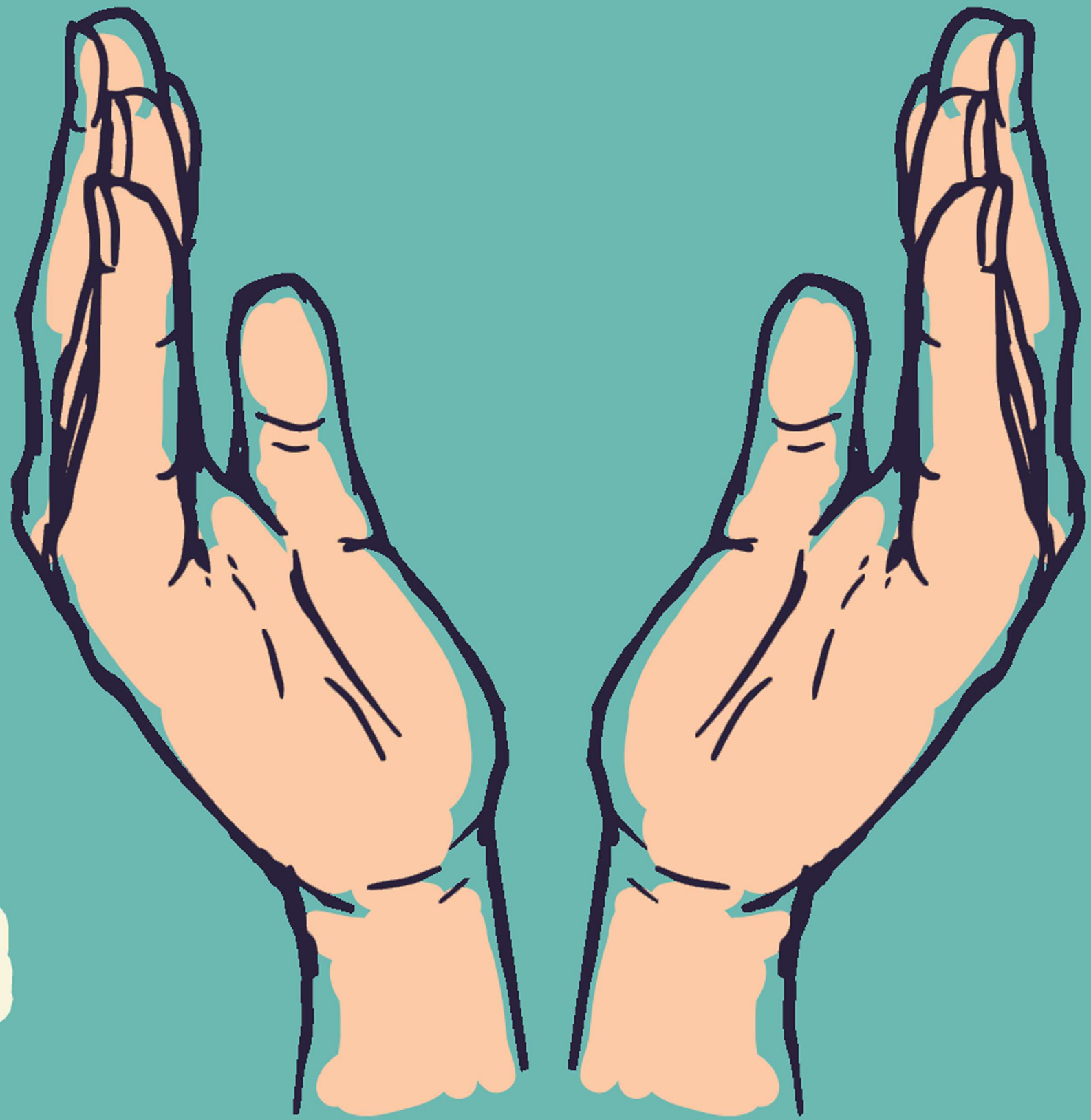


# Speak With Your Hands

Surprising Ways That Hand Gestures  
Completely Change People's Impression of You  
and How to Use Them to Boost Your Credibility!





Hand gestures are a form of **non-verbal communication** that we use every day, often without even realizing it.

They can express a **wide range** of emotions and ideas, from enthusiasm and agreement to confusion and disagreement.

In fact, considerable research has shown that hand gestures play a crucial role in communication.

They can help us articulate our thoughts more clearly, make our words more memorable and even influence how others perceive us.

For instance, a speaker who uses hand gestures is often seen as more engaging, confident and credible than one who doesn't.

By complementing your verbal communication with hand gestures, you can create a more complete and effective communication experience.



# Cultural Differences in Hand Gestures





## Cultural Differences in Hand Gestures

It's important to note that the meaning of hand gestures can vary greatly across different cultures.

What is considered a positive gesture in one culture may be seen as offensive in another.

When presenting, it's crucial to be aware of these cultural differences and adapt your gestures accordingly, especially when speaking to a diverse audience.

# **The 8 Essential Hand Gestures for Public Speaking**

# **1: The Open Palm (Trust and Honesty)**



The open palm gesture is like saying, "I have nothing to hide."

It's a sign of peace and honesty. When you use this gesture, you're telling your audience that they can trust you.

This gesture is easy to do. Just extend your hands towards your audience with your palms facing up or towards them. It's like offering a gift or showing that you're not holding a weapon.



Use this gesture when you're sharing personal stories or trying to persuade your audience. But remember, don't overdo it. Too much can seem fake.

To practice, talk in front of a mirror and use the open palm gesture. See how it feels and looks. Then, try using it when talking to friends or family. With practice, it will become a natural part of your speaking style.



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# **2: The Finger Point (Authority and Emphasis)**

Ever noticed how a teacher points to emphasize a point?

That's the power of the finger-point gesture.

It's a bold move that grabs attention and shows you're in charge.

Doing this gesture is easy.



Just **extend your index finger and point it** towards what you want to highlight.

It's like **drawing an invisible line** between your audience's eyes and the focus point.

Practice by **standing in front of a mirror** and try pointing while you talk.

Notice how it adds weight to your words?  
Practice it in casual chats with friends or family.  
Soon, it'll feel as natural as waving hello.



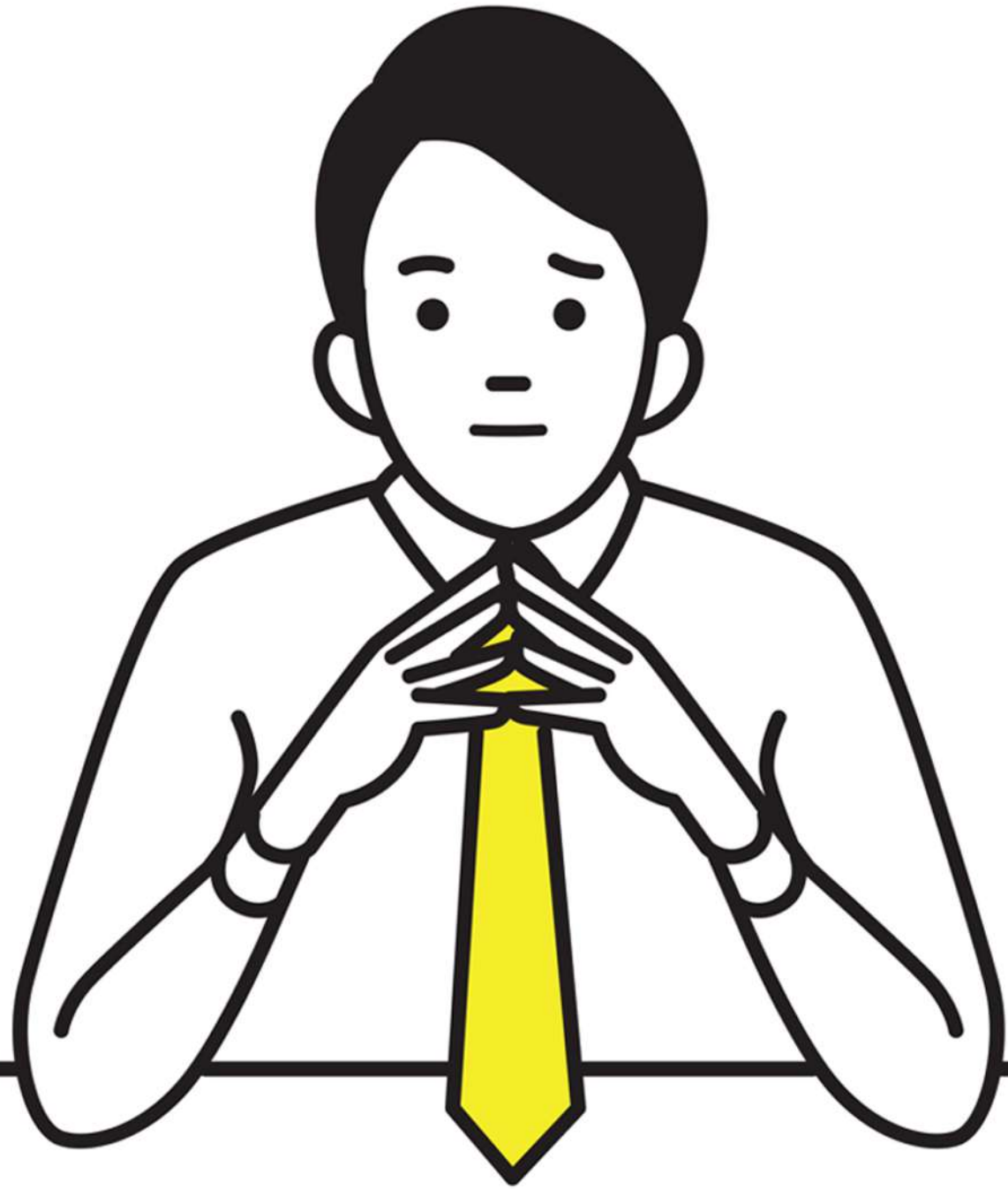
But remember, use the finger point only when you need to stress a key point or guide attention.

Don't overdo it, or you might come off as bossy.



# **3: The Steeple** **(Confidence and Thoughtfulness)**





Ever seen someone press their fingertips together while talking?

That's the steeple gesture.

It's like saying, "I've got this under control."

It shows you're confident and thoughtful.

Doing the steeple is as simple as pressing your fingertips together, creating a shape like a church steeple.

It's like building a small symbol of confidence right in front of you.

But, just like in a conversation, it's important to be genuine as overdoing it can make you seem arrogant.



# **4: The Chop**

## **(Determination and Precision)**

The Chop gesture communicates **precision and accuracy**.

Which can enhance the speaker's **credibility**.

It involves the **hand being raised above shoulder level** and the **index finger being pointed forward**.

A speaker can emphasize a point with **clarity and conviction** by using this gesture.

Images reference: [westsidetoastmasters.com](http://westsidetoastmasters.com)



It also helps showcase their determination to the audience when speaking.

For instance, when you're in a meeting while discussing a new project.

You want to emphasize the importance of meeting the deadline.

As you say, "We need to deliver this project on time."

# **5: The Fist**

## **(Passion and Conviction)**



The 'fist' gesture is a visual amplifier for your words.

It's like adding an underline to your spoken sentences, highlighting your commitment and belief in what you're saying.

This gesture shows you're passionate and you mean what you say.

To make the 'fist', simply clench your hand as if you're holding a precious object.



It's a simple movement, but it carries a powerful message and is perfect for those moments when you're sharing something you deeply care about.



# **6: The Handshake (Connection and Respect)**

The 'handshake' is a visual bridge between you and your audience.

It's like extending a hand of friendship through your words. This creates a sense of connection and mutual respect when you're reaching out to your audience.

To do this, simply extend your hand as if you're about to shake someone's hand.





It's a straightforward movement yet it carries a profound message.

Imagine you're sharing a story or an idea that you want your audience to be a part of.

As you say, "Let's get on this journey together,"

Your hand extends in a 'handshake' gesture.

Your audience not only hears your invitation but also sees your willingness to connect.

# **7: The Precision Grip (Detail and Focus)**



The precision grip is one of the most effective hand gestures to enhance credibility and engagement in public speaking.

This gesture involves using the tip of the index finger and thumb to hold an object or emphasize a point.

The precision grip shows attention to detail and focus, which can help convey expertise and confidence to the audience.

image source: [gettyimages.com](https://www.gettyimages.com)





When used appropriately, this gesture can also add emphasis to specific points, creating a better impact on the listeners.

Plus — it enhances your overall credibility in front of your audience too.

# **8: The Palm-Down (Calm and Control)**



One of the most effective hand gestures is the palm-down gesture.

This gesture involves holding your hands flat with your palms facing downward, with your fingers slightly apart.

By doing so, you communicate a sense of authority and control, while also appearing calm and collected.

It's a go-to gesture when you're navigating through sensitive topics or heated discussions.

Adding this gesture to your public speaking collection can help enhance your credibility and engagement with your audience.



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