

# **ISC - PHYSICAL APPEARANCE, BODY LANGUAGE, SPEAKING AREA**

## **APPEARANCE :**

- 1. Dress in formals. Not dressy but formal enough to look business like. No t-shirts or distressed jeans.**
- 2. You should not need to fiddle with your hair or accessories. These should be neatly secured.**
- 3. Let your heels not make a sound. Check for comfort.**

## **BODY LANGUAGE :**

- 1. Check your speech for junctures that demand PLANNED movement.**
  - Does the speech include the idea of moving in some way?**
  - Are there things to measure?**
  - Content like that can lead to great opportunities to add intentional movements and gestures.**
- 2. Using open palms facing up give positive vibe**
- 3. Avoid mannerisms like fiddling with hair, touching your nose, licking your lips, or adjusting your dress**

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## **BODY LANGUAGE :**

- 4. Avert hand clasping, placing your hands in pockets, or crossing your arms in front of you. Also, avoid rocking to and fro or swaying sideways.**
- 5. Use movement to illustrate transitions from one key point to another.**

## **SPEAKING AREA :**

- 1. Suppose you have 3 points, deliver each point in different segments of the stage.**
- 2. Check that you are using the speaking area in a balanced way. Sometimes we can end up looking at one side and neglecting some areas. Judges will be spread out, and if you remember this, it can be covered.**
- 3. Check if you are pacing by default. The movement has to be planned.**

**Get feedback.**

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