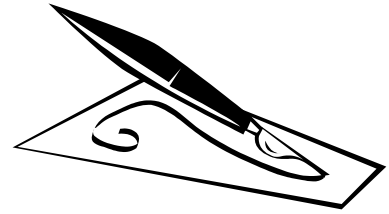


Platform Movement



Platform movement is the intentional movement of the entire body from one place to another. It can be most helpful to the audience to show that you are changing the text in your presentation from one major section to another.

1. Chose a “home base” in front of the audience. This is the position where you will begin your presentation.

Platform movement begins with good posture: stand with feet planted firmly on the floor, feet pointed slightly apart, one foot slightly in front of the other, weight evenly balanced, your shoulders pulled up and back just a little, your head up and chin pointed toward the audience.

2. Stand still and quietly like this until you are sure that all eyes are on you. This is a signal to the audience that you are ready to begin.
3. When you say the first words of your introduction, look directly at the audience and take a slight step forward.
4. As you speak your way through your introduction, stand still. Try to look relaxed.
5. Take your first platform step when you complete the introduction and make the transition to the body of your presentation.

This platform movement should look natural and relaxed and should consist of one or two slow steps to one side. This step should occur at the exact same time as your verbal transition between these two parts of your presentation.

Repeat this same movement in opposing directions each time you come to a major transition in your presentation.

6. Finally, at the conclusion of your presentation, it is a good idea to return to the home base you established at the start of your presentation.