

4 WAYS A PAUSE BENEFITS YOU

during your presentation

Speakers tend to neglect their (breathing) pauses.
It takes guts to pause!

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BREATH

We all need time to breath.
Breathing well during your
presentation tells the audience

- You are confident
- You are relaxed
- You are under control

STRUCTURE

Using pauses brings structure to
your keynote.
Take a look at your presentation
and 'see' your pauses.

- There's a breath
- after a comma (Xsmall)
 - after a sentence (Small)
 - after a paragraph (Medium)

GIVE MEANING

Observe storytellers, comedians,
and actors. They all use pausing
to give meaning to their words.

- Highlight words
- Create a cliffhanger
- Create tension

CONNECT

Use a pause to give your public the chance to think, to react and therefore
connect with you.

Learn from comedians how to time a pause to make your public laugh.
Become Socrates by asking rhetorical questions and give them time to
think.

Become The Thinker of the painter Rodin and give your public an insight
into your personality.

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