



The Orchestra of You



When it comes to public speaking, you are a One Person Band

Orchestra (definition): a group of performers playing various musical instruments, working together as one.

Non-verbal communication: any communication that is not spoken or written.

To be an effective public speaker, and an effective communicator in general, you must consider all the instruments in your non-verbal orchestra.

These are the instruments in your band or orchestra.

1. **Kinesics:** This is the study of body language or gestures in communication. In speech this science is often termed, simply, *elocutionary movement*. To understand kinesics, you must consider context. In what setting are the body gestures being used? Are there clues to that meaning available in the setting?
2. **Facial Expression Management:** What can you read from a smile, or a frown? Are you good at hiding how you really feel? At showing it? If you hide your emotions, you might be what is called a high self-monitor. If you “wear your emotions” on your sleeve, you might be what is regarded as a low-self monitor. When we are faced with mixed messages

(our body says one thing, and our words say something different), which message do we believe?

3. **Paralinguistics:** This is the study of vocal communication, but not language itself. Consider the following factors. Rate is how fast you talk. Volume is how loud you speak. And pitch is how high or low you speak. What do you think silence can indicate? Or a dramatic pause?
4. **Proxemics:** This is the use of space in communication. This instrument in your orchestra creates an impression of dominance or power. Consider how you feel when someone is inside your personal bubble. Proxemics concerns intimate, personal, social and public distance.
5. **Artifactual Objects:** For lack of a better term, this is the study of “props” or objects in communication. Helpful for understanding how to use visual aids.
6. **Appearance:** Do clothes make the man (or woman)? Not necessarily, but people judge all the time, based on appearance. Factors might involve choice of color for clothes; even appearance of personal hygiene.
7. **Olfactics:** This is the study of scent in communication. That sounds odd. But have you ever been to a real estate open house where the realtor has baked chocolate chip cookies in the house for sale? Why do you think real estate agents do that? What is he or she attempting to communicate through scent?
8. **Chronemics:** This is the study of time in communications. Like proxemics, how you choose to use time -- and respect the time of others -- has a relationship to power distance.
9. **Haptics:** This is the study of touch in communication. There will be no touching in this class, however, consider the impression a strong handshake might make. Or a pat on the back. Or even embracing someone in the audience who is crying.