**Physical delivery** *(UW-La Crosse Public Speaking Center)*

Physical delivery refers to *nonverbal delivery*, or all of our physical behaviors that can improve our speech.

**Types of physical delivery**

- **Physical appearance**: What a speaker is wearing (clothing) as well as grooming and hygiene
  - Physical appearance should be appropriate for the situation
  - When in doubt, ask what the expectations are for the speaking situation

- **Posture**: Body position when speaking
  - Speakers should pay attention to their posture
  - Appearing to be too comfortable or relaxed in a speaking situation could demonstrate lack of interest or engagement

- **Facial expression**: Complements the verbal message
  - Shows emotion and engagement with the topic
  - Helps connect the audience to the message of the speaker

- **Gestures**: Movement of hands and arms that help emphasize and explain speech material
  - Practice with gestures
  - Use gestures that complement your message

- **Eye contact**: Helps maintain audience attention and connection
  - In dominant cultures in the United States, eye contact is very important to the communication process
  - Eye contact helps a speaker know how they are doing in a speech based on observing their audience

- **Movement**: How much a speaker moves around the speaking space
  - Purposeful movement can help create immediacy with the audience
**Tips for effective physical delivery**

- Incorporate physical delivery into speech practice
- Use physical delivery to create connections with audience, but be aware of personal space
- Consider the physical space where speech will be delivered when incorporating physical delivery into your speech
- If possible, practice in the physical space or one similar to it before you deliver your speech