



7 Flamenco Principles for Powerful Body Language

Intended Audience

All Levels / General Interest

Language

English

Impact Statement

Your words carry the message. Your embodiment makes the audience believe it.

Many Toastmasters work hard on their words but struggle with body language. Nervous gestures, hidden hands, corporate-style stiffness, weak posture, or purposeless movement can reduce the impact of an otherwise strong speech.

This workshop introduces seven flamenco principles for powerful body language, showing how techniques from Andalusian dance can help speakers develop stronger stage presence.

Participants will explore how small adjustments in posture, movement, and rhythm can dramatically increase the impact of their message, helping them capture attention and create powerful moments on stage.

Through simple guided exercises, attendees will experience how these principles can immediately change how a speaker is perceived. They will leave with practical tools to move with greater intention and communicate with confidence, presence, and character.

Key Takeaways

- Apply posture to project confidence and authority
 - Use intentional movement to reinforce speech meaning
 - Control rhythm and pauses to guide attention
 - Develop a stronger presence and stage character
 - Transform body language into a communication tool
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