



Charisma in Action: Using Body Language to Signal Warmth and Competence Instantly

Intended Audience

All Levels / General Interest

Language

English

Impact Statement

Toastmasters often know what they want to say but struggle with how they are perceived while saying it. Many speakers unintentionally signal low confidence, low authority, or low connection through body language — even when their content is strong. This workshop helps members close the gap between message and presence.

Participants will learn how to consciously signal warmth (connection, trust, likability) and competence (confidence, credibility, authority) using practical, repeatable nonverbal tools. These skills directly improve performance in prepared speeches, Table Topics, leadership roles, and networking situations — all core Toastmasters environments.

Instead of theory, members will practice behaviors they can apply in their very next meeting. They will leave with a clear personal action plan and specific body language techniques that increase audience trust, engagement, and speaker impact within seconds.

Key Takeaways

- Identify warmth vs competence signals in body language
 - Adjust nonverbal communication for different speaking goals
 - Recognize and eliminate credibility-reducing habits
 - Apply a simple framework to prepare for physical presence
 - Improve confidence and audience connection instantly
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