



711

Stance

Practice the visualisations of the string attached to the top of your head and the roots from your feet into the ground. The more you entrench these, the more natural they will become, and the faster it will be for you to move into a clean, relaxed, confident-looking stance.

Video yourself full length walking to your spot and facing the imaginary listener or audience. Check for inequalities, tensions, anything that looks uncomfortable.

Create a two-minute talk and video yourself speaking. Check for any physical tics – unnecessary or repetitive unconscious movements that could be distracting or irritating to the listener.