

Zone 1	Zone 3	Zone 5
Zone 2	Zone 4	Zone 6

Ask a friend to watch you speak and check the number of times that you move to various parts of the room from Zones #1 to #6. Put checks as well for the number of times that you stay in a certain zone.

Ineffective Zones: Too close to the podium	Primary Zones: Moves away from the podium	Dynamic Zones: Moves closer to audience
Zone #1: Stays behind podium or desk	Zone #3: Moves to the left front and back	Zone #5: Stands on stairs or floor
Zone #2: Stays near podium or desk	Zone #4: Moves to the right front and back	Zone #6: Moves into the audience
Your Recommendation:	Your Recommendation:	Your Recommendation:



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Ask a friend to listen to you speak and check the number of times that you hit each of the Voice
Zones from #1 to #10. Put checks as well for the number of times that you stay in a certain range.

Volume Chart	Pitch Chart	Rate Chart
What was the Zone (between three levels) that the speaker spent most time?	What was the Zone (between three levels) that the speaker spent most time?	What was the Zone (between three levels) that the speaker spent most time?
How often did they vary their volume more than three levels?	How often did they vary their pitch more than three levels?	How often did they vary their rate more than three levels?
Your Recommendation:	Your Recommendation:	Your Recommendation:



Ask a friend to watch you speak and check the number of times that you reach each of the Gesture Zones from #1 to #7. Put checks as well for the number of times that you stay in a certain zone.		
Horizontal Gestures: How wide were gestures?	Vertical Gestures: How high and low?	Back & Forward Gestures: How 3-D were gestures?
Zone #1: Tight	Zone #4: High	Zone #6: Forward
Zone #2: Medium	Zone #5: Low	Zone #7: Backward
Zone #3: Wide		
Your Recommendation:	Your Recommendation:	Your Recommendation: