

Let's exercise!



BODY LANGUAGE

1. INTRODUCTION

Ex. 1 How important is our verbal and non-verbal communication? What examples of body language can you give concerning: politics, business, public speaking, the mass media etc.?

2. WATCHING & QUESTIONS

Link: <https://www.youtube.com/watch?v=FtC8vIpYSmM>

Ex. 2 You're going to watch a short interview with Expert in Body Language – Mark Bowden about Donald Trump's body language. During watching try to find answers to the questions below:

1. What did Mark Bowden make overall of Trump's physical presence on stage in Cleveland?
2. What did Mark think about Trump's usual gestures such as OK gesture and pointing a finger? What did they mean?
3. Why did Donald Trump follow up each part of his speech with squinty eyes and a pout according to Mark?
4. Why do many other leaders worldwide use 'big George gesture'? Give some examples.
5. In Mark's opinion was Ivanka nervous during her speech in Cleveland? What was his impression of her way of speaking?

3. SPEAKING

Ex. 3 Answer the questions below:

1. What qualities and characteristics are necessary to be a great speaker?
2. Do you know any outstanding speakers? What made them so special?
3. How important are our appearance and clothes we're wearing when we give a speech?
4. Have you ever had to perform in public and give a speech or presentation? How did you feel?

4. VOCABULARY

Ex. 4a Match the words/phrases of similar meaning (match red with blue):

assertive

a sulky face

a teleprompter

apparently

to be in one's element

a composure

articulate

to squint

extraordinary

to be in a state of equilibrium

an autocue

resolute

unusual

to narrow

a self-control

to feel very happy and comfortable

eloquent

clearly

a pout

to balance out

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Ex. 4b Explain the phrases below in English:

- a) to be truly confident
- b) to have command over/of oneself
- c) to stick with something
- d) a punctuation mark
- e) downward intonation

Ex. 4c Prepositions

Fill in the gaps with appropriate prepositions:

1. Today we're going to take a closer look non-verbal components of Donald Trump's speech.
2. Does he have control his body?
3. Oh, certainly he had command himself and what he was saying.
4. That actually calmed his language a little bit because he was having to concentrate that autocue.
5. That's one of the first times he's stuck it.
6. A lot of people commented that.
7. We were seeing the usual gestures that we get him, so nothing extraordinary him.
8. What is he doing using that gesture?
9. It's that sense of 'go on and hit me the chin. – I can take it'.
10. What did you make her composure and the way that she spoke?

Ex. 4d Look at the collocations with 'composure' below. Make your own sentences about yourself with these phrases.

to keep one's composure
(*zachować spokój*)

**to regain
one's
composure**
(*odzyskać
panowanie
nad sobą*)

**to lose one's
composure**
(*stracić
panowanie nad
sobą*)

COMPOSURE

to maintain one's composure
(*zachować spokój*)

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5. TRANSLATION

Ex. 5 Translate the sentences using words and expressions from the box:

extraordinary	be in one's element	apparently	to stick with sth
to lose one's composure		authoritative	

1. Jestem naprawdę opanowanym człowiekiem i nigdy nie straciłem panowania nad sobą.
2. Trzymam się moich zasad od wielu lat, co powoduje, że ludzie mnie szanują.
3. Jestem w swoim żywiole kiedy jeżdżę na nartach.
4. Mark jest bardzo stanowczy i apodyktyczny, co uniemożliwia mi z nim współpracę.
5. Najwyraźniej Lucy była bardzo zdenerwowana, ponieważ wychodząc trzasnęła drzwiami.
6. Nie ma w tym nic nadzwyczajnego. Zachowała się jak zawsze utwierdzając mnie, że na niczym mu w życiu jej nie zależy.