

# POSTURE MONITOR

“As Posture Monitor, I will observe the speakers and other members posture while they are speaking. I will look for and notify the person each time there is posture unbecoming to professional speaking. A **partial list** of items includes:

- ◆ Hand clasping (either in front or behind)
- ◆ Hands in the pocket
- ◆ Pens, pencils or other unnecessary items being held
- ◆ Leaning against the lectern
- ◆ Inappropriate gestures and/or body and facial

expressions

If you hear the following sound (*give example using sound producing device*), it will indicate an infraction. I will report summary findings at the end of the meeting.

The objective is for the speaker to appear physically relaxed, standing straight with arms lowered at the sides unless needed for punctuation of ideas or statements. To enhance the speech the speaker may move about.

THE INFORMATION CONTAINED IN THE ABOVE TEXT BOX MAY BE EITHER READ OR PUT IN YOUR OWN WORDS.

## Posture Monitor Notes — **please review before meeting begins:**

The Toastmaster will introduce you at the beginning of the meeting. At that time, stand and explain your duty as covered above.

If anyone, other than the person leading prayer or inspirational moment or a prepared speaker (these three are exempt from having the device sounded, however, do maintain record of infractions on speakers) exhibits inappropriate posture, alert him/her to this by making the appropriate sound. Try to do this as soon as you can after you witness the infraction.

**Table Topics speakers are not exempt from the sound device.**

This is meant to be a positive way of identifying negative speaking posture. If we are not aware we are doing it, we cannot work to avoid it in the future.

At the end of the meeting you'll be called on to report your findings. Stand and share the infractions (name by type) each member had. Although this duty is strictly to help us become aware of patterns that can hinder our message, it could be unnerving if presented in such a way that people feel belittled or inferior. Keep it on the **positive** side, as we are all here to learn and grow in a nurturing environment!