

# PROJECT CHECKLIST

## Effective Body Language

**Purpose:** The purpose of this project is to deliver a speech with awareness of your intentional and unintentional body language, as well as to learn, practice, and refine how you use nonverbal communication when delivering a speech.

**Overview:** Prepare a 5- to 7-minute speech on a topic that lends itself to expression through your movement and gestures. Video record your presentation and get feedback from your mentor or another reviewer before speaking to your club. If you do not have access to a recording device, perform your speech in front of a mirror and make adjustments before your scheduled speech.

**This project includes:**

- A 5- to 7-minute speech

Below are tasks you will need to complete for this project. Please remember, your project is unique to you. You may alter the following list to incorporate any other tasks necessary for your project.

Schedule your speech with the vice president education.

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Write your speech. Be sure to choose a topic that supports the use of body language.

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Rehearse your speech.

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If possible, have your mentor, a friend, or family member video record your speech. If you do not have access to a recording device, perform your speech in front of a mirror.

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After you have completed all components of the assignment, log in to complete the second portion of your self-assessment on the “Assess Your Skills—After” screen.

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