




The 7 Habits of Often Distracting Presenters A&E

Complete the table below from your own perspective – what do you think the 7 Habits could entail?
Think mostly Visual, but some may entail Vocal or Verbal too - then check common responses next page...

The 7 Habits of Often Distracting Presenters (or common nervous habits!) 			
The Habit	Why are they Visually distracting?	How do nerves show?	What would be better?
1. The Scruff			
2. The Fidget			
3. The Body			
4. The Energizer Bunny			
5. The Stiff			
6. The Mouse			
7. The Handler			

*Shift and adapt your body + gesture + expression habits to work for you!
Use Visual Habits to Enhance your Message!*



Habit	Why are they distracting?	How do nerves show?	Better Habits!
1. The Scuff 	We have one chance to make that first impression, so why look a mess on camera or be in a mess, unless you mean to? We think you don't bother or care, so why should we? Perception is your business is a mess too...	Appearance – often dirty hands, lazy attitude, often backing off camera or being too cocky – attitude of 'not caring'... Surrounding self with mess to distract – doesn't work...	Unless you are scruffy for a creative reason, dress to impress but suit the video style. See wardrobe tips... Tidy up around you! Focus on viewer not self.
2. The Fidget 	We notice your discomfort and read it as nerves. This is the Busy-Body syndrome, hoping to distract us + take attention away from poor content. This usually actually ends up annoying us – little respect of trust perception.	Physical habits - whether it's the shifty feet, jittery legs or knees, or fidgeting with hands, fingers, pens, jewellery, pockets Fidgets often rush + distract with movement – no stillness.	Plant your feet, ground yourself, breathe. Let hands go, roll back shoulders and Breathe! Focus on moving less and only for a reason - flow. Find times to pause + be still, STOP moving!
3. The Body 	Or the Poseur - Most noticeable when standing. We get the impression you're full of yourself. There is a reason for 'before and after' shots where one is straight on and the better in an asymmetrical pose. Standing straight on to camera is not aesthetically pleasing to the human eye - seems unnatural and forced on camera – presenter looks stuck-up!	Physical habits - hands on hips or held up in an unnatural pose, 'cocky' stature = sense of 'trying' to make the body bigger/ puffed up. Will often hold breathe. Shifting from one clear 'pose' to another for no reason = you lose credibility fast.	Find how you would stand or sit openly and comfortably - if standing doesn't work for you try sitting - but sit upright, no slouches allowed please! Allow your head, neck and shoulders to move naturally. Stand with one shoulder very slightly forward - your 'leading' or gesturing hand.
4. The Energizer Bunny 	Constant movement and no stillness – usually has lots of physical distractions. Makes it seem like you want to take our focus off the content, so you're trying to distract us, as you're not confident. Often rushing to the end – but can lose energy by the end = disappointing close = no Action by me!	Physical & vocal - moving too much, too fast - from head, to hands, to feet. Over-energetic for the camera, even jumping out of the shot frame. Often linked with far too fast vocal patterns, or all on one higher pitched note + shuffling feet.	Movements on camera must be steady, measured, yet done with purpose and for a reason. Avoid jerky movements and learn to stay within the camera 'frame'. Ground yourself + find still moments. Vocally - Breathe! Take time to think about the words.
5. The Stiff 	This is as distracting as the Fidget or Energiser Bunny after a while - we feel you are in pain being so stiff! This is often linked to dull or monotone voice. 'Serious' business people often fall in to this trap = very dull!	The body is so rigid with nerves that nothing moves – in close-up it can be a stuck head + no natural movements, or staring eyes. Very rarely smiles.	Roll shoulders back, let go of hands, learn to stand in an open, neutral position, gesture with purpose and let head, neck, face go - use expression to match your words. Use Vocal Variety – see next chapter!
6. The Mouse 	We get the sense you are not confident enough to make eye contact with us. Leaves us disbelieving and fearful for you! We perceive shyness or disorganization, lack of care for script + no trust. May smile, but is apologetic for being on screen.	Often lack of eye contact - or eye flickers. Looking out from under a fringe / eyebrows like Princess Dianna or making the body small. Often has red-faced too and has low Vocal volume or 'small' voice.	Use Emotional Connections – talk to that real person, who makes you feel confident and interesting. Raise your chin, SMILE, you are allowed to have fun! Redness can only go from Breathing, which also helps you project your voice!
7. The Handler 	This is a Blocking nervous mechanism and if done too long or too much disconnects you, can give a patronising feel and that the presenter has to hide behind their hands = gives us a sense of nervous, uncomfortable, untrustworthy. It can lead us to be uncomfortable for you and lose any trust as you 'block' us.	A hugely common distraction by too many presenters - my personal "grrrrr!" Hands are clutched in front of 'vulnerable bits' (women across tummy or chest, men a bit lower down!) and then wave them out and in together as if trying to emphasise the words / point.	Drop the hands down, let them go Stop worrying that someone is looking at your tummy, breasts, manly parts - you don't have to cover them up! If you must have a hand up, just use one - it is far stronger on screen and makes you appear more in control. Find moments to <i>gesture for a reason</i> , rather than random hand waving!



MY NOTES...

A large, empty rectangular box with a brown border, intended for writing notes.