



### How to Stand for your OBE A&E – 7 step process for Open Body Energy

BODY FOCUS	WHAT TO DO TO PREPARE YOUR BODY AND OPEN YOUR ENERGY...
1. LEGS + FEET + KNEES	Shake out your legs and jump up and down a couple of times to release leg tension and ground your energy – let your body flop as you gently jump! Stand with feet comfortably apart - directly under your hips and feet straight forward. Feel "Grounded" - connected and balanced. Knees are 'soft' - between locked back and bendy - i.e. not needing tense thighs and bottom - let the energy flow up and down.
2. HIPS + BUMS	Shift hips from side to side and around each way to loosen those muscles and your lower back - keep hips loose and able to move rather than holding tension. N.B most of us hold our tension in our lower spine and buttocks hence have unhappy hips - let them loose and release your energy up the spine!
3. SPINE	Twist and shake your spine to release tension - then think of a piece of fine wire threaded right up your spine and out of the top of your head, like they do with skeletons to hang them up. Think of it pulling you upright, allowing your lungs to expand as you breathe... Stand Tall.
4. SHOULDERS + LUNGS	Notice how your neck elongates and your shoulder go back - push them back and down, roll them backwards, breathe in as you shrug them up, sigh out as you drop them down. Rotate your shoulders. Breathe in and raise your arms high above your shoulders out to the side, then sigh out as you flop your arms down by your sides. Feel your lungs expanding to give you power for your voice...
5. ARMS + HANDS	Circle your arms backwards.. See where they naturally fall? Roll your wrists, tense and release your fingers, stretching out and in then hold hands relaxed from the shoulders down, with soft fingers - relaxed and naturally open. Use the finger tip tense and release when you need to clear your mind of a nervous blockage. Breathe, pause + squeeze, release as breathe out - let the tension go up your arms and let it go. This gives your brain time to think and get back on track without giving your away in nervous Visual ways. N.B. if you are a Fidget or a Stiff with tense hands or fists, then start to notice when they get tight or you starts to claps or play with your hands and Let Them GO! Smile at your clever recognition, breathe in + out + drop them - it's as easy as that!
6. NECK + HEAD	Drop your chin forward, then slowly roll your head back then settle it in the middle - balanced on the top of your drawn up spine! Tilt your head from side to side, gently and slowly, to release neck muscle tension and allow it to sit naturally to top off your spine and be ready to work. N.B. if you have any back or neck issues, avoid this, do your own stretching exercises you normally do to ease your neck and always do neck exercises very carefully - a crook neck don't look good on camera after all!
7. FACE	Remember your face and mouth to express and speak clearly – stretch your face + mouth muscles too and do your tongue twisters to warm your voice up. Blink, make eye-contact and SMILE! A small smile at the start or at ANY moment connects us to the viewer - create the smile in them too!
BONUS...	AND Breathe, Breathe, Breathe – check how to breathe exercises... Give your body and brain oxygen, so it is ready to work for you – get set for your 'fight' not 'flight'!



**Tension builds again during stop/start filming – remember you CAN release tension as you go to...**

1. Use 'tense + release' muscle relax method – tense and release as breathe in then out
2. Remember to loosen tight legs muscles – then ground your feet to fix position on screen
3. Twist and release energy held in your hips – shake it out and squeeze your bum (*more in a mo!*)
4. Release lower spine, back, neck energy through *gentle* stretching – avoid twinging muscles!
5. Roll shoulder shoulders and shake arms between Takes – shake and stretch hands out too
6. Expand your lungs to breathe freely – you need free lungs for breathe control + voice power
7. **REMEMBER TO USE YOUR SMILE** – smile to release your nerves too!

**ALWAYS 'Release' nervous energy to stand for your OBE!**



### What About When I Sit Down?



For OBE when sitting, master the standing OBE online so you know how to feel comfortable and powerful standing, then you can learn to sit without slouching.

1. Be forward on the chair, almost sit on the front edge, with hips tilted up and forward.
2. Use your back and stomach muscles to hold you up, place a cushion behind you for added support – NO slouching!
3. Spine is straight, supported and pulled up strong with shoulders down and relaxed.
4. Place feet flat on the ground directly under your knees, or one foot flat and the other slightly back for better balance; lean into your front foot for energy projection.
5. Hands rest palms down on your knees or on the table (but not supporting your weight).
6. Lengthen your neck, hold your head upright – proud and with slight smile!
7. Always set the camera up so it is eye height or above – avoid the dreaded double chin when we look down into a camera. DIY camera set-up 101! (Check book p 205 for your laptop set-up).

**Sit tall and forward – we must always ‘be on the front foot’ energy wise especially when sitting.**

#### What Other Body Positions Evoke Moods On Camera?

##### Standing:

- ✓ One shoulder slightly towards the camera + sinking in to one hip gives more relaxed feel.
- ✓ Direct straight to camera creates a more challenging mood.
- ✓ The TV stroll towards camera or across shot can add interest, flow and momentum.

##### Sitting:

- ✗ Plus - have a quick go at slouching, slumping in a chair and see how it physically makes you feel after 3-7 seconds? Not much exciting, expressive presenting going on like that is there?!
- ✓ Always put a cushion behind your back to avoid slumping + sit on jackets / shirts for smooth look folks.
- ✓ Portray many specific moods on camera with the elbow up on a chair arm or elbow / forearm rested on the desk / table - your expression will set the scene here
- ✓ Sitting slightly side-on across a firm chair or perched on a chair arm or back can give concept of ‘relaxed, but in charge / control / comfortable / at home in environment’
- ✓ Cross legs at the ankles with knees to one side is considered lady-like and ‘proper’ ladies - think Royalty and finishing schools! Avoid knees/ legs spread wide when sitting everyone unless going for sporty nonchalance!
- ✓ Men can cross their knees and lean back when wanting to appear casual and calm - for women we can look too blasé like that unless it’s an interview and you are matching your guest’s style.
- ✓ ALWAYS make sure you sit up straight with your spine pulled up like a string goes from the bottom to the top of your head or you will collapse your lungs and prevent them from working properly, breathing fully, so your voice will lose power. The only time slumping or slouching is required is going for a youth market when you are emulating their Tribe style. Business sitting is polished and smart, even when we’re being sassy!

#### MY OBE NOTES...



MY NOTES...

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