

A woman in a dark blazer and light skirt stands at a podium on a stage, holding a microphone. She is addressing an audience seated in rows of red chairs. The background features a whiteboard and a plain wall. A large, semi-transparent blue circle is overlaid on the center of the image, containing the text.

**¿CÓMO VENCER EL
MIEDO AL HABLAR EN
PÚBLICO?**

¿Cómo nos comunicamos?



55% Gestos



38% Voz



7% Palabras

ABC

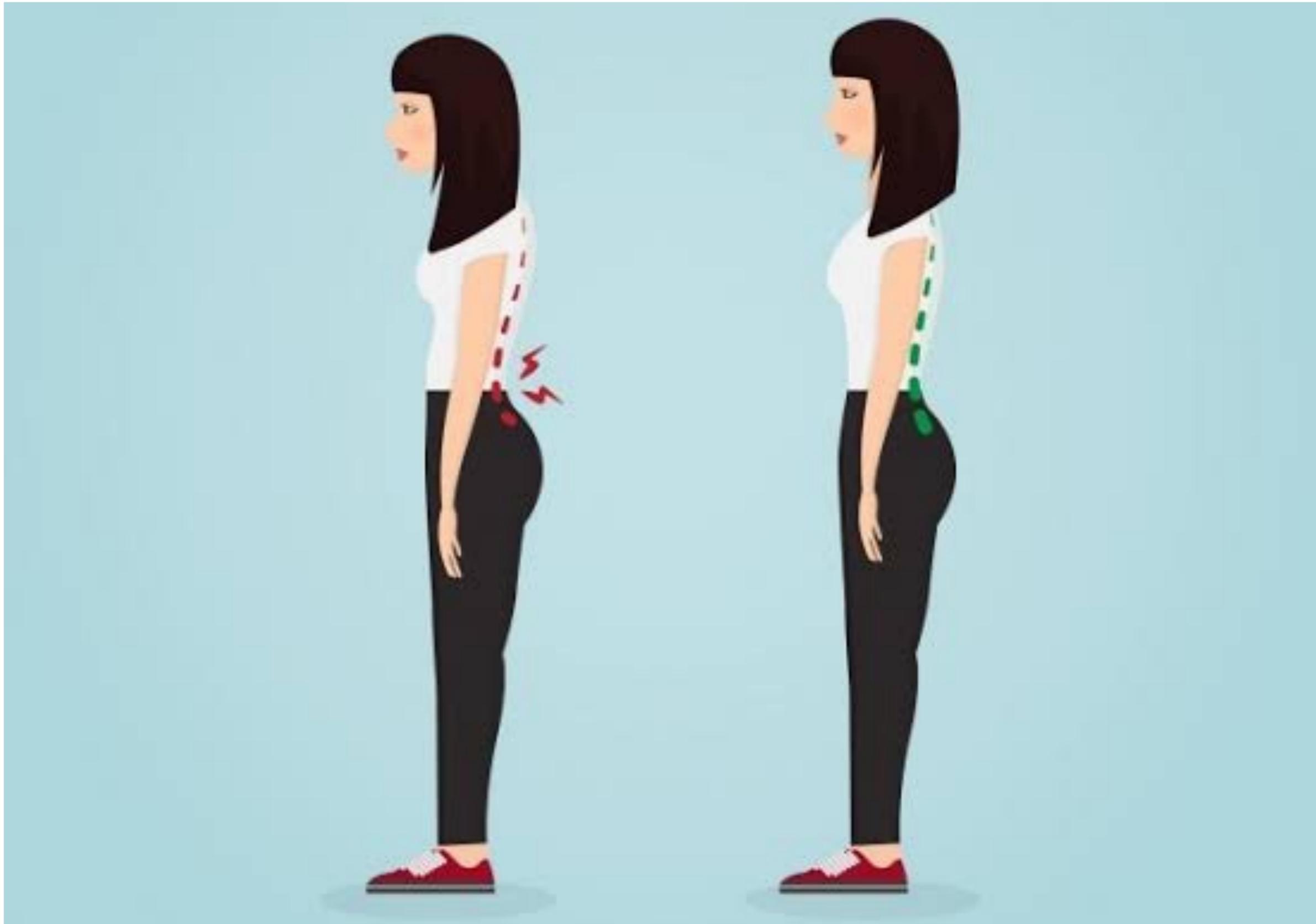


ADECUADO MANEJO DEL LENGUAJE NO VERBAL

- 1. Postura**
- 2. Uso de las manos**
- 3. Mirada**
- 4. Voz**



POSTURA









A man in a grey suit and blue tie is speaking at a podium. He has his hands raised in a gesture. The background shows other people seated at desks in a conference room. A semi-transparent purple rectangle is overlaid on the center of the image, containing the word "MANOS" in white, bold, uppercase letters. A grey triangular graphic element is in the bottom right corner.

MANOS









MIRADA

Y los gestos...

Estas son las seis emociones universales básicas que se pueden ver reflejadas en nuestras expresiones faciales



Felicidad



Tristeza



Ira



Temor



Sorpresa



Disgusto

A photograph of Kamala Harris speaking at a podium. She is wearing a dark blue blazer and a black pearl necklace. The background is a solid blue wall with an American flag visible on the right. A semi-transparent purple rectangle is overlaid on the center of the image, containing the word "VOZ" in white, bold, sans-serif capital letters. A grey triangular graphic element is in the bottom right corner.

VOZ

Elementos para un buen manejo de voz

Respiración

Dicción

Expresión

A woman in a dark blazer and light skirt stands at a podium on a stage, holding a microphone. She is addressing an audience seated in rows of red chairs. The background features a whiteboard and a plain wall. A large, semi-transparent blue circle is overlaid on the center of the image, containing the text.

**¿CÓMO VENCER EL
MIEDO AL HABLAR EN
PÚBLICO?**