

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

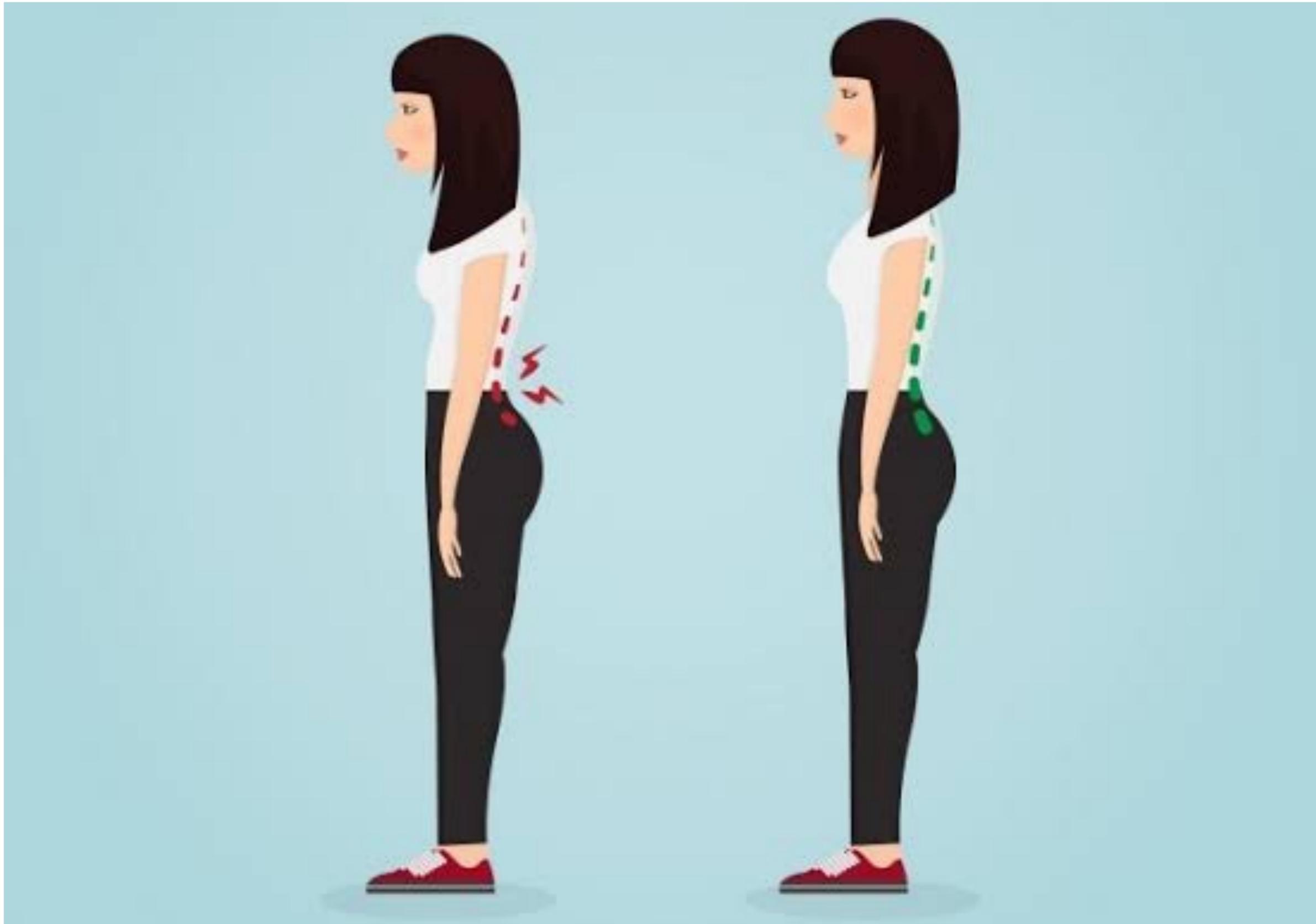


ADECUADO MANEJO DEL LENGUAJE NO VERBAL

- 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, sans-serif capital letters. A grey triangular graphic element is in the bottom right corner.

MANOS









MIRADA

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 color with a blurred American flag 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

IMAGEN

Psicología del color



Tranquilidad
Seguridad

GREENPEACE



Naturaleza
Esperanza



Energía
Dinamismo



Fuerza
Poder
Liderazgo

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 desk. 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?