

Movement Workshop: *Potential, your ability to develop, achieve, and succeed in the way you present yourself. Remember 93% of your communication is non-verbal so decide how to shape, use your space, and move just as you choose your words.*

1. ALL MOVEMENT HAS MEANING.

Choose it or lose it. Often, all we are thinking about is the content, power point, verses, and inspired words that will help us connect with the people we are communicating with. But because all movement has meaning we should be mindful of our whole self, body, voice, content, and our space, when preparing our talks. Ultimately, your work is kingdom driven, so I want to encourage you to use your whole self when speaking even if that meeting is virtual. God made all of you, not just your intellect.

2. CLAIM YOUR SPACE.

Each of you are trying to find a space where your voice is welcomed, celebrated, and valued. It is not about what you are saying (the content) but how you are saying what God has given you to say with your whole self. It is essential to match your words and body to be connected and authentic.

3. IF YOU AREN'T CONNECTED YOU WON'T CONNECT.

This isn't something that will happen overnight, it is a journey, a process AND there are exercises you will need to implement to get you connected.

Patterns of Connectivity- The patterns of Connectivity were developed by Peggy Hackney (from Irmgard Bartineff's 6 fundamentals) and they can help you neutralize your physical and vocal habits to help you connect more fully with your audience. Practicing these patterns in developmental order for a length of time will allow you to repattern. In more extensive workshops I teach these. 3-D Breath, core distal, head/tail, upper/lower, body 1/2, and cross lateral connectivity.

● **HOW CAN I BE CONNECTED SO THAT I CAN CONNECT?**

How to connect? The very **first step** is connecting to your breath- the breath of God. The very first thing you do when you enter the world is take a breath. The last thing you do is exhale breath as you leave this world and enter the gates of Heaven.

“The Spirit of God has made me and the breath of the Almighty gives me life” -Job 33:4

1. 3-Dimensional breath.

- Vertical (top to bottom)- you and God
- Horizontal (side to side)- you and your small group, church
- Sagittal (front to back)-you and the world

Shaping (bringing internal space to external space

Bring your internal connection to breath to your external self when teaching. Be aware of your body in space, choose your

combinations, and let the Holy Spirit work through you.

- Vertical- rising and sinking
- Horizontal- widening and enclosing
- Sagittal- advancing and retreating

Breath is the impulse for movement in your voice and body. Pay attention to the grounding power of your breath. Your connection to your breath will allow you to be present to the Holy Spirit and mindful of your movement in space. This connection to your breath fueled movement will allow you to connect to your content and in turn connect with the people you are communicating with.

2. Warm-Up: In order to connect you must be connected. How do you do this? Make sure you warm-up, physically and vocally, before you communicate! Use your breath

Now that you have started thinking about your movement, it is important to discover your **FIT** to continue moving towards authentic movement. Everyone has a preference for **F**ocus, **I**ntensity, and **T**empo, but all preference combinations are different. It is important when people are giving each other constructive criticism that they understand your preferences so they aren't giving you notes based on their own bias. I love doing these workshops 1:1 and I love doing them with ministry teams because then you all know how to give each other helpful feedback that you can authentically implement based on your own **FIT** preferences.

After our workshop you might have a new awareness of what you want to address with your movement. I would love to continue to support your speaking development so please reach out with any questions you might have. I am looking forward to hearing from you!

Peace,

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