

1. Hook
 - Begin by speaking with bad body language: Not so convincing, is it? Let's try again.
 - Noticed a difference and felt a difference despite not being trained in body language: its something you learn how to appreciate, despite not knowing specifically what it means
2. Thesis:

Although teaching body language would add another layer of stress, it is an essential aspect of human communication as it important for conveying your message and for how you and society see yourself.
3. Counter argument
 - People have enough to worry about in their lives, worrying about what your body says is an added level of stress
 - Teaching body language would make people self-conscious
4. Main Pt. 1: Proper body language is important for conveying your message
 - Must look confident and believable (B)
 - Amplifies verbal communication (C)
 - Body language is 55% of communication (C) : even part of text chats (D)
5. Main Pt. 2: Body language shapes how people think of you and how you think of yourself (D)
 - First impressions- first 30-35 seconds (C)
 - Power posing "Fake it until you become it"(D)
 - Mind shapes body, body shapes mind (D)
6. Main Pt. 3: Benefits of teaching body language
 - Autism spectrum (A) social clues and body language
 - Teachers can better read their students' intentions:
100% of teachers in a 2003 study said body language is an important factor in education. 46% of teachers said to support communication, 32% said to draw students' attention, 20% to make material more permanent, and 6% said for confidence building. (C)
7. Conclusion
 - Tie teacher's study into everything we talked about
 - The effects of body language on people around you
 - How is helps "non verbals"
 - Give a few tips about body language

8. Works Cited

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