

The Hand Trick Great Speakers Use

In the late 1970s, Margaret Thatcher knew two things about the upcoming election: It would be decided by television, and she wasn't very good at it.

Margaret Thatcher got to work. First, she hired a media advisor named Gordon Reece, a former TV producer.

Reece was relentless. He would film her, and they would review the footage together. Thatcher worked on how she appeared on camera and her body language. She also worked on her voice, going from breathy and nervous to lower and more in command.

After every TV appearance, Reece would commission private polls to find out what voters thought of her, and they'd adjust.

Over time, Thatcher got better. She got more comfortable in her own skin, got comfortable talking to the camera, and eventually the Conservatives won and she was elected Prime Minister.

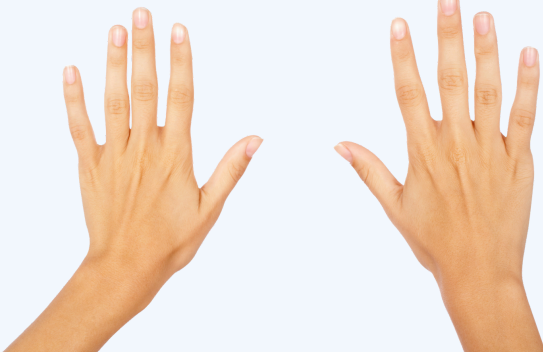
Thatcher didn't get there by being a natural. She got there by watching recordings of herself and improving one little thing at a time.

Your Right Hand the Past, Your Left Hand the Future

This is the reality if you're running for office. There's no silver bullet for getting better on camera or on stage, but there are a lot of small things you can practice and improve.

Here's one skill to test this week. This comes from the YouTuber [Vinh Giang](#), and it's how to use your hands to show the past and the future when you're speaking.

The rule is simple: **Your right hand is the past, your left hand is the future.**

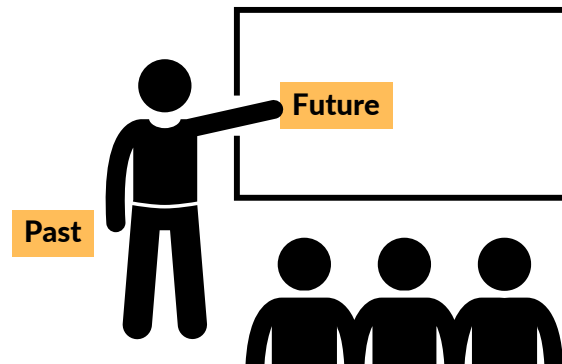


Move your **left hand** when you're talking about the future

Use your **right hand** when you talk about the past.

When you try this, it feels off. But think about it from the audience's perspective. They're looking at you, so the past is on the left, and the future is on the right to them.

Since we read left-to-right and watch videos with left-to-right progress bars, it feels correct to the audience.



You can even do an advanced version of this.

When you're talking about something in the past, you stand on the same side as your right hand. When you talk about the future, take a few steps to your left, signifying you've moved forward in time.

The Bottom Line

Your right hand is the past and your left hand is the future. You can get better at presenting by improving one small tactic at a time.