

BODY LANGUAGE - TOP TIPS TO BOOST CONFIDENCE:

TOP HALF OF FACE - *The top half of your face is seen as more authentic than the bottom half.*

Raising the eyebrows acts as a non-verbal "hello" or a sign of being non-threatening, signaling good intentions.

- *Sign of Interest/Engagement: It signals curiosity and a desire to listen more, making the other person feel heard.*
- *Universal Signal: This is an innate human trait used to show engagement and to look more attentive, even in newborns.*

Widen your eyes and raise your eyebrows - Pause - Scan the room and raise your eyes - this is a sign of Openness/Safety

Practice this regularly

EYE CONTACT - *Maintain Eye Contact: Hold gaze for a few seconds at a time to show engagement, but avoid staring.*

SMILE - *smiling is contagious - smile authentically especially on greeting or first seeing someone - they are bound to smile back!*

Practice smiling at people that you come into contact with, such as:

When walking, in public spaces and even smile when you answer the phone. It will put you into a more positive frame of mind.

(I am often amazed at how peoples whole faces light up when I smile at them as I walk past - they can look so miserable and then its an automatic response which cheers their day and mine)

STEEPLING - *place the tips of your fingertips together when in a meeting or talking. It signals that you are feeling confident and in control*

POINT WITH AN OPEN PALM - *this is far less intimidating*

DOUBLE HANDS FOR EMPHASIS - *this clearly puts weight onto the point that you are making*

LEAN IN - *Leaning slightly forward demonstrates interest and engagement. It also signals that you are emphasising a point*
WHEN YOU'VE FINISHED TALKING - PAUSE AND MOVE BACK

MOVE TO HOLD ATTENTION

BE MINDFUL OF TOUCHING FACE/HAIR - *Do not touch hair or nose as this conveys nervousness or that you are lying*

MIRRORING - *Subtly mimic the other person's posture or gestures to show agreement and build rapport.*

OPEN POSTURE - *Keep your torso open and avoid crossing your arms to appear approachable and honest. Keep your shoulders back and spine straight to project confidence.*

NODDING - *Use nods to show you are listening and to encourage the speaker.*

SLOW MOVEMENT PACE - *Make deliberate, controlled movements rather than fast, shaky ones.*

POWER POSING - *Before a big event, take up space to boost confidence.*

SOLID STANCE - *Stand with feet shoulder-width apart to appear grounded.*