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BODY LANGUAGE



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Don'ts



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1. CROSSED ANKLES/LEGS

- **STRESS**
- **ANXIETY**
- **UNCOMFORTABLE**

2. CROSSED HANDS (Closed Hand)

- **NO INTERESTED**



3. AVOIDING EYE CONTACT



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4. Fidgeting/ Touching Face



5. Extreme/No Hand Movements



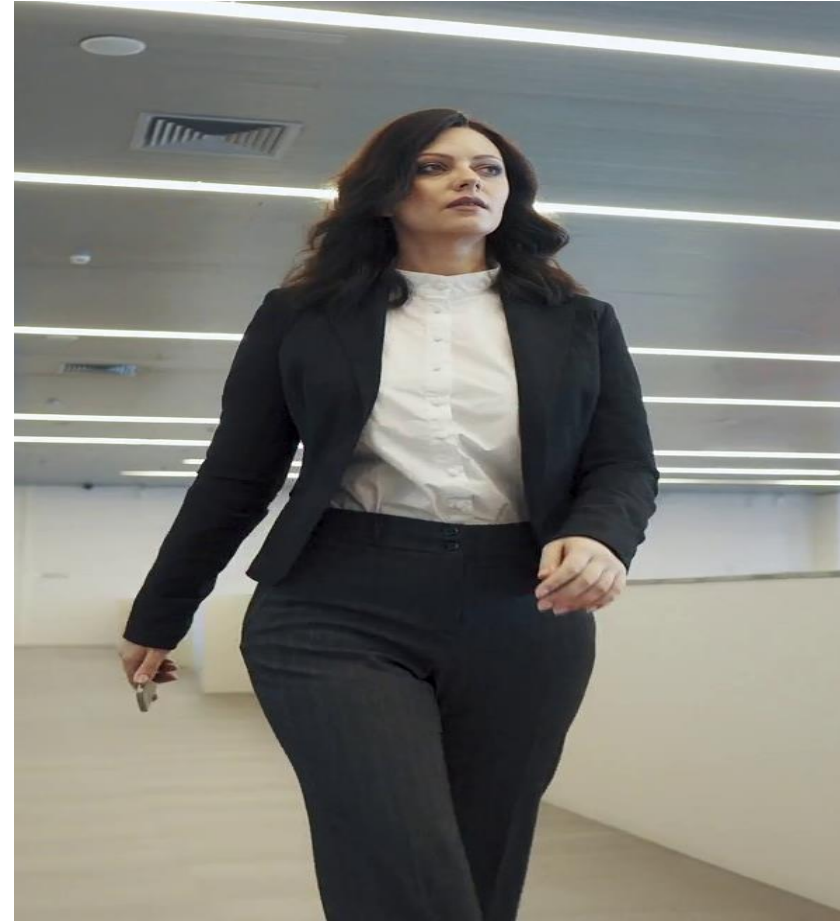
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6. Slouching



Dos

1. POSTURE



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2. HAND MOMENT

3. EYE CONTACT

- **Persuasiveness**
- **Truthfulness**
- **Sincerity**
- **credibility**





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4. HEAD TILT

- INTERESTED
- CURIOUS

5. MIRROR AND MATCH



6. SMILE



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Smile and your audience will smile back. So while communicating always keep smile.





7. HANDSHAKE

- **LEAN FORWARD.**
- **LOOK INTO EYES.**
- **NOT MORE THAN 2 SECONDS**
- **FIRM**
- **NOT LOOSE**





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THANK YOU

