

VIDEO 2: BODY LANGUAGE - SITTING PRETTY

1. Watch this video: <https://youtu.be/jbxXhWD8TUs> in Youtube, or <https://goo.gl/2HAKgF> for a lighter, mobile version. If the link doesn't work, copy it and paste it on a web browser (chrome, firefox, safari) to see the video.

2. BEFORE YOU WATCH. Do you think that the way you sit affects the impression you make on others? Discuss with classmates.

3. WHILE YOU WATCH. What are the questions discussed in this video? Fill out this table:

Posture	Impression
Stiff and buttoned-up	Not the type of person she want to hire
Too relaxed	Bad impression, looks so relaxed
Floored and leaning	It shows you're interested and open
Space invader	Add a little distance and not invade personal space
Catholic School	Make look shy and close up
Ankles crossed	Inappropriate and it also seems like you're close off
Knees crossed	Make seem a little too relaxed and looks as a barrier between you and the other person
Figure four	Strong and dominating sitting posture
Hands on your head	Very dominant and aggressive posture
Chair straddler	Shows dominance and create a barrier between the listener
Lock-up cross-legged	Seems so lock up and unreachable or untight

4. AFTER YOU WATCH.

- ♦ Think of different situations other than a job interview where any of these sitting postures could be used. Act out in front of the class. *Do they agree with the posture for that situation?*
- ♦ Then act out a job interview with an example of bad sitting and pretty sitting. *Can the class decide which is which?*