

### Stay in your center and keep your feet in cement

(Section 4, Lecture 14)

Our foundational technique for increasing your confidence and authority is sitting (and standing) in the neutral powerful position. In the neutral powerful position you “stay in your center” and “keep your feet in cement.” By sitting and standing this way you will communicate that you are solid in yourself, your ideas, and your position.

### Instructions

1. Sit up straight in your chair. Sit at the edge of your chair to keep your energy active.
2. Place your feet hip width apart and the soles of your feet on the floor
3. Organize your shoulders over your hips, your knees over your heels, your ears over your shoulders.
4. Raise your chest slightly.
5. Close your eyes, Take a deep breath, and notice what it feels like internally to be in your center.

This is your neutral powerful position. You can use this same alignment while standing. From here you can express with facial expressions and hand gestures while keeping the lower half of your body still. Most people will have either a tendency to lean forward or back or shift from side to side. To communicate confidence and authority, stay in your center and keep your feet in cement.

### Homework

Every morning play with finding your center. First, lean forward, jut your chin forward, and notice the feeling of loss of control or submissiveness you might feel in this posture. Lean back and notice yourself pulling back from the action, losing engagement. After feeling these extremes, Find your center again. Close your eyes to recalibrate.