

Confidence and Self Esteem

Lecture Summary

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Lecture 6 - Confident Body Language

NON-VERBAL signals or Body Language is extremely important to feel and appear confident.

Strategies to implement a confident body language:

1. POSTURE:

- Slouching not only appears terrible but also sends a signal to your mind that you are not confident and has a tremendous impact on your emotions
- Right body posture not only appears confident but also makes you feel confident to face various life situations including tough challenges head-on.

TYPES of postures / positions:


- i. Closed: Appears defensive / shy and lacking confidence

- ii. Open: Appears resourceful / people find you approachable

 ***Hack: Make a conscious effort to watch your posture at frequent intervals and ensure it is open***

2. EYE CONTACT:

- One of the most important traits of confident people is that they can maintain direct eye-contact
- Sometimes maintaining direct contact may make you feel uncomfortable or lose your composure

 ***Hack: In situations like above, you can gaze at the person's forehead and still feel and appear confident***


- While talking to a group of people, it is important to maintain eye contact with each one of them at least for a few seconds, to make them feel welcome, acknowledged and respected

3. HAND SHAKE:

- Ensure that the hand shake is firm, look straight in the person's eyes and smile

TYPES of handshakes:

- i. Palm down handshake: Makes you appear domineering, puts other person in defensive position
- ii. Palm up handshake: Makes you appear inferior to the other person

 ***Hack: When you meet someone for the first time, make a firm (not too firm, but just right) handshake, look directly into their eyes and smile***

In a nutshell, when you meet someone for the first time, it is human to judge someone based on the body language and it is important to appear confident to make a good first impression.

I hope that you enjoyed this summary and have fun with the rest of the course!

- Jimmy