



Assertive Communication Through Power Poses

1. **Superhero Pose:** Stand tall with your hands on your hips and your feet slightly apart, just like a superhero would.
2. **Mountain Pose:** Stand tall and steady, feet hip-width apart, hands relaxed by your sides, embodying the strength and tranquillity of a mountain.
3. **Confident Cross:** Sit or stand with your arms crossed in front of your chest, signalling confidence and readiness.
4. **Power Pointer:** Practice speaking or making a point while using hand gestures, like pointing or moving your hands for emphasis.
5. **Steadfast Stance:** Plant your feet firmly on the ground shoulder-width apart, place your hands on your hips, and look straight ahead. This stance shows that you're firmly grounded and strong.
6. **Head Held High:** Walk or stand with your shoulders back and head up. This pose radiates confidence and self-assuredness.