[Amy Cuddy: Your body language may shape who you are | TED Talk](https://www.ted.com/talks/amy_cuddy_your_body_language_may_shape_who_you_are)

Nonverbals --- judgment

Credulity: academic background and work

Nonverbal expression of power: athelete – open arms and cheers

Watch the classroom gestures: gender difference in hand-raising gesture(gender grade difference)

Fake the body gesture till you make it?

Research question:

Q1: Do our nonverbals govern how we think and feel about ourselves?

When you pretend to be powerful, you are more likely to actually feel powerful

Q2: Do our bodies change our minds?

High-power alpha males/powerful leaders tend to have high testosterone and low cortisol

Take role change/tiny manipulation or intervention? Stand like this: high-power pose vs. low-power poses.

High-power poses for two minutes--- higher risk tolerance

Two minutes lead to hormone change

Q3: Can power posing for a few minutes really change your life in meaningful ways?

What do you do before you go to a job interview?

Stand in the social quicksand?

The presence you bring to the speech: passionate/confident/authentic/captivating/enthusiastic/comfortable

Fake it until you make it? and fake it until she became it.

Do it until you become it and internalize.

Being an imposter and feel like I’m not supposed to be here.

I am doing this.

Im not supposed to be here

Call-on action: do the two-minutes

The courage to be imperfect + embrace vulnerability+

Worst comment on this class

1. Aggressive

What made them vulnerable made them beautiful.

Spiritual awakening

The power of something

Don’t numb your feelings

We perfect

“You are imperfect and you are wired for struggle but you are worthy of love and belonging”

We pretend

The power of being authentic and real”we are sorry and we’ll fix it”

Love with your whole hearts even there is no gurantee

Are I enough…?

Vulnerability is the most accurate measurement of courage

Vulnerability if the birthplace of innovation, creativity and change.