



Body Language 101

PRESENTATIONS. WE ALL HAVE TO DO THEM, NO MATTER HOW MUCH WE DREAD THEM. HERE ARE SOME HACKS TO BOOST YOUR CONFIDENCE

We've got good news and bad news. Bad news first: Presenting doesn't go away after school ends. Many careers require some level of public speaking. It's a bit yikes. But the good news is this: There are ways to build your confidence so that it gets easier. Whether it's a presentation or a job interview, exuding confidence despite nerves is all about posture...

POWER STANCE

THE BEST WAY TO QUELL PRE-PRESENTATION JITTERS?
HYPE YOURSELF UP! ENTER POWER STANCE:

- * PUT ON YOUR FAVOURITE SONG
- * NOW, FACE YOURSELF IN A MIRROR
- * SMILE
- * GENTLY ROLL YOUR SHOULDERS AND UNCLENCH YOUR JAW
- * SPREAD YOUR FEET HIP-WIDTH APART
- * STAND TALL, AS IF AN INVISIBLE STRING IS PULLING THE CROWN AT THE TOP OF YOUR HEAD
- * LIFT YOUR CHIN SLIGHTLY
- * PUT YOUR HANDS ON YOUR HIPS
- * OH, HEY THERE, WONDER WOMAN!

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GO TIME? TAKE A DEEP BREATH, STEP UP TO THE CLASS, AND REMEMBER YOUR POWER. YOU'VE GOT THIS. FOLLOW THESE TRICKS TO FEEL MORE CONFIDENT DURING YOUR PRESENTATION



TIME TO SHINE

- * STAND UP TALL
- * KEEP YOUR SHOULDERS BACK
- * ENSURE YOUR KNEES AREN'T LOCKED
- * AVOID CROSSING YOUR ARMS
- * MAKE GESTURES WITH YOUR HANDS
- * DON'T HIDE BEHIND A DESK OR PODIUM
- * MAKE EYE CONTACT. YOU'RE AT THE HEAD OF THE ROOM AND YOU HAVE THE POWER

REMEMBER: Be proud of yourself! Presenting is not easy, and regardless of how you think you did, you did it. That deserves to be celebrated.