

Grow your confidence

# Body Language That Conveys Confidence



Our body language gives a strong message about how we're feeling. For others to believe we're confident, they need to see it in our body language.

Here are **three things** you can do with your body language to send the message that you're confident.

## 1. Stand and sit up straight

Imagine pulling a piece of string at the top of your head to pull your whole body up to a taller position. Remember to relax your shoulders too.

## 2. Stand with your feet hip-width apart

Positioning your feet like this gives a message that you're grounded and stable. Studies have shown that it makes people more likely to believe what you're telling them.

## 3. Be aware of your hands

It's okay to put one hand in your pocket, or to use your hands while you're talking. When we feel unconfident, we'll sometimes cross our arms, fiddle with jewellery, or stand as though we're in a penalty line-up. Watch out for what those hands are doing and keep them open and relaxed.



### Did you know?

Changing our body language to be more confident can actually make us feel more confident. Studies have shown that standing up tall with your legs apart and hands on your hips can prompt your brain to release hormones which make us more confident. The effects are even stronger if you can see yourself in a mirror. It's where the saying 'act confident until you feel confident' comes from.

So next time you've got an important meeting or a job interview, spend two minutes doing a Superman pose in the mirror. You might find it makes a big difference!

For more information on how to change your body language to look and feel more confident, take a look at this [TED Talk by Amy Cuddy - Your Body Language May Shape Who You Are](#).