

## Body Language

This PDF offers, hints, tips and advice for you to think about when considering your body language. The exercises are designed to challenge your conceptions of how you use your body to communicate with people. We hope it's useful and gives you some practical advice to help with your body language.

### Hints and Tips : From Anne Jonsson

People who appear confident often look calm and settled – you can do this by planting your feet and straightening up – don't slouch or curve your body if you want to be business-like and professional.

When you're listening it's important to look interested by adopting an open, non-threatening stance – for example you might not want to cross your arms or put them behind your back.

**Tip:** Be aware of your 'social arms' - reserve hand or arm gestures for emphasising your most important points.

### Hints & Tips : Observations

Invasions of personal space are disconcerting and intrusive –don't do it!

Mirroring is an important part of establishing bonds and making someone feel comfortable. Don't be brazen but do be aware of other people's body language – the most important thing is to be alert and somewhat adaptable.

**Tip:** Be alert to other people's body language and adapt yours appropriately.

**Tip:** Think about someone who made you feel uncomfortable or put you at ease – try to avoid or emulate their body language accordingly.

### Hints and Tips : Crossed Wires

What people read from your body language may not always be what you intend. Next time you're feeling an extreme emotion or reaction to something, try to stop and think about how this has altered your body language and what the people around you might be perceiving. Are they getting the right message from you?

**Tip:** Be aware of the way you are coming across. Explain yourself or adapt your body language accordingly.

## General Body Language Tips

Practice standing in front of a full length mirror. Make eye contact. Plant your feet. Curve or straighten your body. Straighten your shoulders, relax your upper body, put your arms by your side, not folded or behind your back. How does doing each of these things make you look and feel?

## Fidget Bingo

Play fidget bingo with your friends! This version of the game works best with three players over the period of a week. You may want to vary the number of players or the length of time you play for. Pick out three fidgets that each player has. Every time you see another player doing their fidget record it – and tell them so they can confirm there’s been no cheating! At the end of the game the person who has observed the most fidgets is the winner. 5 bonus points if you catch your friends picking their nose!

Player 1 – Fidgets


Number of times Caught


Player 2 – Fidgets


Number of times Caught


Player 3 – Fidgets


Number of times Caught


Total

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