

BODY LANGUAGE

7 BODY LANGUAGE TIPS FOR EFFECTIVE COMMUNICATION



1. LOOK DIRECTLY

- Always look at someone directly in their eyes when they are speaking to you. This may seem difficult at first but it's definitely the #1 body language ingredient to make you successful when interacting with others. Note: Do not ever stare at someone.



2.STAND UP STRAIGHT

- Always stand up straight. You never want to slouch. Not only does this make you appear shorter but it projects an image of someone who has low self-esteem.



3. SMILE

- Smile. Smiling is your most powerful body language signal. Though it is not recommended to smile constantly (people will be under the impression you are searching for approval), you should still make an effort to appear happy and optimistic.



4.NO NERVOUS GESTURES

- Do not make repeated, nervous like gestures. When speaking to someone it's important to use body movements but never fast and repetitive ones.



5.CREATE OWN SPACE

- Create your own personal space. Make sure you let others know you have your own personal space and do not let them walk all over you. Note: you never want to invade someone else's personal space.



6.GIVE DUE ATTENTION

- Dedicate all of your attention to the person you are speaking with. Do not constantly look around as if you are uncomfortable or not interested.



7. FIRST IMPRESSION IS IMPORTANT

- Make sure to emphasize all of these tips when you meet someone new. First impressions count for a lot. You want to make the best impression you can.

