

Examples of Body language

By: Staci-Anne

Aggressive

- An overly firm handshake.
- Invading personal space.
- Hands on hips or legs too wide.
- Eye contact to the point of staring.
- Aggressive physical movements like finger-pointing.
-



Defensive

- Crossed arms or legs.
- A lack of eye contact.
- Leaning away.
- Hunched shoulders.
- Eye rolls.



This

Nervous

- Biting nails.
- Fidgeting.
- Coughing.
- Weak handshake.
- Putting hands on head.



Bored

- No eye contact.
- Excessive fidgeting.
- Yawning.
- Shifting weight and sitting uncomfortably.
- Rubbing face.



Engaged

- Good eye contact.
- Confident stance.
- Positive gestures.
- Nodding in agreement.
- Smiling.

