10 Ways To Appear Confident



- [ ] 1. STAND UP STRAIGHT - Keeping your back straight, your shoulders back and your head held high displays status, power and that you are in control of your life.
- [ ] 2. KEEP YOUR CHIN AND HEAD UP - Whether you are standing in a crowd or walking down a street, always keep your head up and your eyes looking straight ahead.
- [ ] 3. KEEP HANDS OUT OF POCKETS - Keeping your hands visible indicates you feel confident in yourself, your current situation and ready to handle anything.
- [ ] 4.GESTURE WITH PALMS UPWARDS - Gesturing with your palms facing up will make you appear more confident as it gives the impression of honesty and trustworthiness.
- [ ] 5. DON'T FIDGET - Fidgeting is a clear sign of nervousness, worry or anxiety and most of us fidget without even realizing it.
- [ ] 6. MAINTAIN EYE CONTACT - Good eye contact is probably the most important technique to practise if we wish to appear calm, honest, friendly and confident.
- [ ] 7. STAND IN AN OPEN STANCE - Standing with your feet too close together can give the impression that you are timid.Aim to have your feet in line with your shoulders.
- [ ] 8. SMILE - Smiling has a powerful effect, a genuine smile communicates that you are friendly, honest and trustworthy and makes you more attractive.
- [ ] 9. DEVELOP A FIRM HANDSHAKE - A firm, solid handshake can give you an immediate impression of confidence while a limp handshake can communicate weakness.
- [ ] 10. TAKE BIG STEPS - Take long purposeful steps, rather than short, quick or hurried steps.A slower, deliberate walk will make you appear confident and in control of your life.

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