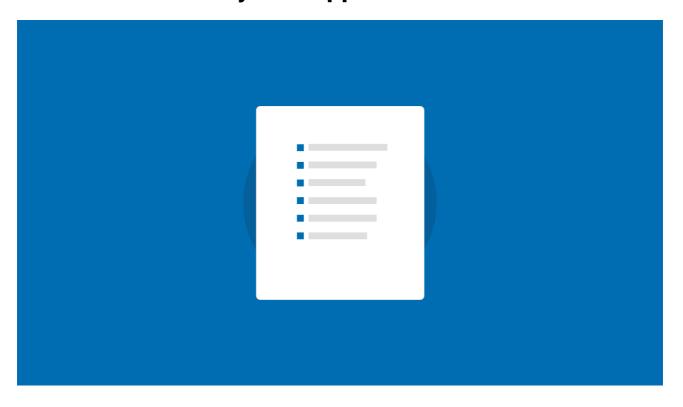
10 Ways To Appear Confident



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.