

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.