10 Ways To Appear Confident (When You're Really Not)

Here are 10 ways you can modify your body language to project a more confident image so that you always appear self-assured, relaxed and in control.

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.

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.

KEEP HANDS OUT OF POCKETS

- [ ] Keeping your hands visible indicates you feel confident in yourself, your current situation and ready to handle anything.

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.

DON'T FIDGET

- [ ] Fidgeting is a clear sign of nervousness, worry or anxiety and most of us fidget without even realizing it.

MAINTAIN EYE CONTACT

- [ ] Good eye contact is probably the most important technique to practise if you wish to appear calm, honest, friendly and confident.

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.

SMILE

- [ ] Smiling has a powerful effect, a genuine smile communicates that you are friendly, honest and trustworthy and makes you more attractive.

DEVELOP A FIRM HANDSHAKE

- [ ] A firm, solid handshake can give you an immediate impression Of confidence while a limp handshake can communicate weakness.

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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