

Subject:

'Your body language may shape who you are' a TEDTalk by Amy Cuddy

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https://www.ted.com/talks/amy_cuddy_your_body_language_may_shape_who_you_are?utm_campaign=tedsread&utm_medium=referral&utm_source=tedcomshare

Essential Question:

Does a change in body posture change other people's perceptions and our own body chemistry?

Main Ideas:

'Power posing' standing with a confident posture and body language

'Power Posing' can boost

- feelings of confidence
- impact on our chances of success
- we expand when we feel the power and 'close up' when feeling non-confident

Improve your confidence by power posing

Details:

- **Audit your body posture- analyze how you feel.**
- **Non-verbal body language plays a big part in how we communicate with each other and judge each other.**
- **Speaker studied her students in an MBA class and noticed the non-verbal expressions of body expression was related to participation in class**
- **If our body posture can impact our thinking/ feeling of power, can intentionally changing posture increases the feeling of being powerful and improve chances of success**
- **High-power alpha males have high testosterone and low cortisol**
- **Experimenting with people's poses showed that it was possible to manipulate the testosterone level in the body to increase feelings of power and confidence, optimism, risk-taking**
- **Wonder Women pose an example of power posing**

Summary:

You can fake it, it you become it. Practice power poses to build confidence and the feeling of being powerful.