

Finding your Fit: Body language and presentation skills:

While collecting content to share on topic of presentation skills, I found a lot of useful resources available online. In addition to having good verbal and communication skills, paying attention to your body language can have a positive impact on creating your presence in a presentation or an interview.

1. This infographic provides a quick visual referral to body language and how it may be interpreted. Found at [The Difference between Posture and Gesture | Difference Between](#)

Body Language How people stand could say a lot about what they're thinking and feeling

Arms Akimbo
Putting your hands on your hips with elbows out, could say that you are displaying dominance, authority, or self-confidence.

Feet Facing Directly Towards Someone
Facing someone with feet forward could say that you are interested in what someone is saying.

Mirroring
Mirroring someone or imitating someone else's body language could say that you are interested in that person and also comfortable with their presence.

Shaking your Legs
Moving your legs a lot could say that you are nervous, impatient or anxious.

Lowering your Head
Lowering your head could say that you're ashamed of something, or that you're lying or maybe hiding something, like the truth.

Power Posing
A woman in a black blazer and skirt stands with her hands on her hips and feet apart, representing a power pose.

Arched Eyebrows
Raised eyebrows could say that you are intrigued with what the person is saying.

Direct Eye Contact
Looking into a person's eyes could say that you are interested in what they are saying.

Blinking too much
Blinking your eyes too much could say that you are nervous or anxious.

Squinting
Squinting your eyes could say that you feel threatened or unhappy.

Arms Crossed
Crossing your arms in front of you could say that you are uncomfortable or defensive.

Even how you sit could communicate a particular behavior. You could come across as being extremely confident and relaxed, or unsure and timid.

1. Your body language may shape who you are by Amy Cuddy is a very popular TedTalk that outlines how our posture may have an impact on the hormone levels in our body and may increase the level of confidence felt. https://www.ted.com/talks/amy_cuddy_your_body_language_may_shape_who_you_are?utm_campaign=tedsread&utm_medium=referral&utm_source=tedcomshare
2. Presence: bringing your boldest self to your biggest challenges was found in the catalog of Library of Congress. Authored by Amy Cuddy, it covers how improving self-esteem and self-confidence through power posing can help achieve success. [LC Catalog - Item Information \(Full Record\) \(loc.gov\)](#)