

CONFIDENT BODY LANGUAGE CHEAT SHEET

Confident body language is key to feeling and appearing empowered. The below list will help you assess your nonverbal communication and guide you towards projecting confidence in any situation, in person and virtually! Save this cheat sheet and come back to it every once to check-in on your improvement and to use as simple reminder.

By paying attention to these cues, you will learn to:

- Identify if you are sending mixed signals that may impact others' perception.
- Develop a strong presence and command attention through nonverbal cues.
- Ensure your body language aligns with your verbal message for clear and impactful communication.

You got this!
Love, Marie

Confidence Coach Marie
mariewithlove.ca

Let's start owning the room!

Posture & Presence

- Stand tall with your shoulders back and head held high. Trick: think of a string pulling at the top of your head.
- Avoid slouching or hunching forward.
- Maintain balanced weight distribution to be grounded (so you are not shifting back and forth, or side to side).
- Make eye contact with the people speaking, or the person you are speaking to. This can be a big sign of nervousness and it can also make people disconnect or feel like you are not listening.

Gestures & Openness

- Keep an open stance: palm outwards when you speak, hands on your side (not crossed) Keep this openness sitting, standing or walking, this makes you more approachable.
- Avoid fidgeting: biting your nails, playing with a pen, tapping your fingers, etc. This makes you look anxious or impatient.
- Avoid playing with your hair and clothing; do a check up before the meeting or event starts. Your computer camera should not be used as a mirror during calls.
- Stay away from crossing your arms as this makes you look defensive or in disagreement
- Use natural hand gestures to emphasize your points. However, it's important not to overdo this as it can have the opposite effect; if you feel like you get carried away with hand gestures, hold a pen with both hands.
- Smile genuinely to create a welcoming and approachable presence.

Actively Listening

- Lean in slightly to show interest during conversations.
- Again, maintain eye contact with the speaker, this shows them you are paying attention.
- Minimize distractions like looking at your phone or fidgeting.
- Nod occasionally to acknowledge understanding. However, overdoing this can seem disingenuous or that you are getting impatient.

Is learning how to build your self-confidence on your mind?

If you want to be able to:

- ✓ Ask for what you want
- ✓ Say what you want to say
- ✓ Go after what you want
- ✓ Be who you were meant to be
- ✓ Live a life you truly enjoy

Then self-development coaching is just what you need to get you there.

Let's chat!

Schedule a free 15 minute virtual call with me to talk about what you'd like to achieve and how we could work together to get you there.

Reserve your spot



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