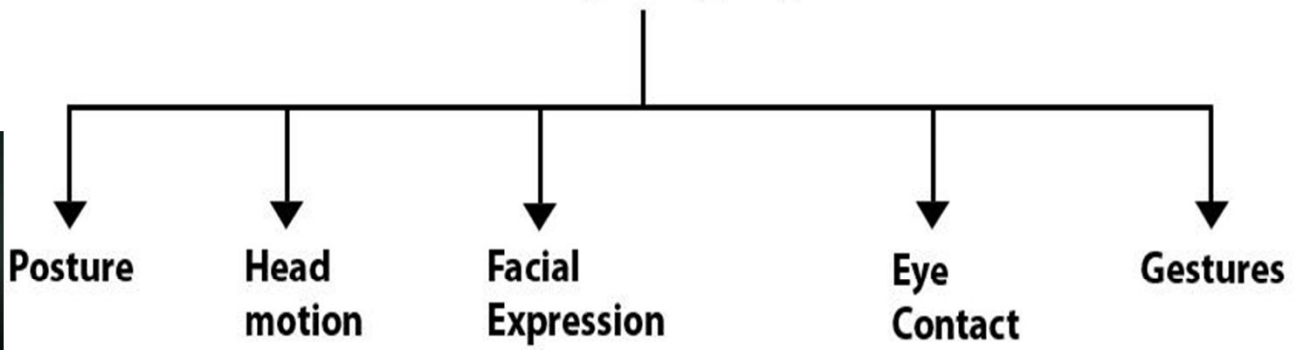


Body Language



Features of Body Language



BODY LANGUAGE

2 Minute Exercise

Fake It Till You Make It

WHAT DID WE LEARN

- ▶ Posture - Mother was right
- ▶ Judgements - What is our message
- ▶ Occupy Space - Our value
- ▶ Participation - Supposed to be there



STILL LEARNING

- ▶ Our Minds - change our bodies
- ▶ Our Bodies - change our minds
- ▶ 2 minute exercise - Tiny Tweaks
- ▶ Poses - Low/High
- ▶ Presence - Participate



FOOD FOR THOUGHT



- ▶ Cultural Differences - Eye contact/touch, personal space

- ▶ Zoom meetings - Posture, Presence, Participation



- ▶ Facial Expressions - Mask wearing (



- ▶ Unwritten Language - gestures



Take Home:

- ▶ Fake It - You've already Made It
- ▶ 2 minute - at least breathe
- ▶ Remember - You are Perfect - You are supposed to be Here - Right Now
- ▶ Thank you **AND** Kia Kaha

