

# WORKCARD 4

## THE BODY LANGUAGE SPEAKS

The point is not that your body language is perfect, but that it is consistent with your personality and the content you convey.

THE BODY LANGUAGE SPEAKS.



**LET IT SPEAK THAT YOU ARE COMPETENT AND AUTHENTIC, THAT YOU DO NOT PRETEND TO BE ANYONE AND ANYTHING.**

## WHAT CAN YOU DO TO MAKE IT HAPPEN?

1. Record your conversation / speech / presentation in advance and analyse it carefully.
2. See if what you say is consistent with how you behave, does your posture, gestures and facial expressions harmonise with your words? If not, why is this the case? What should you improve?
3. Think about what is not working, which of your gestures, movements, and expressions do not correspond to what you say. Then change and check the effects.
4. Start exercising, get to know your body, invite it to cooperate.
5. Never practice during a key conversation. Prepare yourself in advance, because the moment when you are at an important meeting is no longer the time when you can test or practice anything.
6. Do not only practice gestures. Body language should be in tune with your content. The standalone practiced gestures, inconsistent with the content, look very bad. Speak your need out loud and let your body act.
7. Let your body emphasise what is important. Do not plan gestures, because there will always look artificial.

**TRUST YOUR BODY**