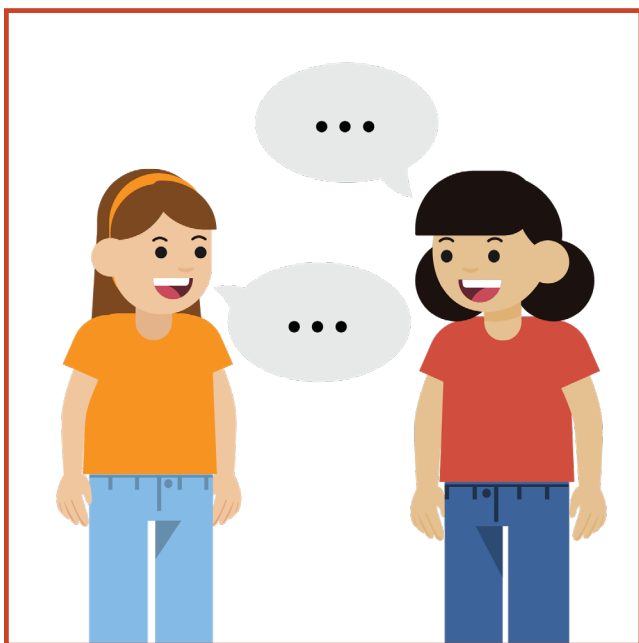


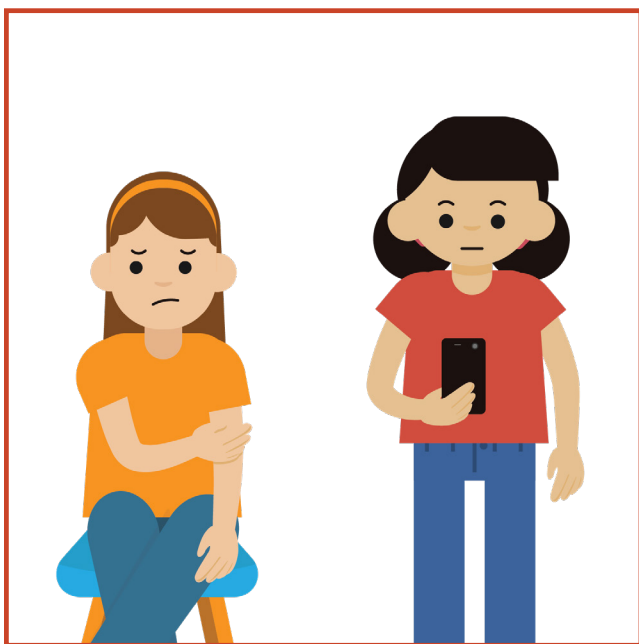
What Is My Body Language Telling Others?

Open Body Language



- Look at the person.
- When seated, slightly lean toward the person.
- Smile, nod, and laugh when appropriate.
- Show good posture by standing or sitting up straight.

Closed Body Language



- Look away from others that are talking.
- Look at watch, phone, or computer.
- Cross your arms in front of your body.
- Show poor posture by slouching in a chair or not standing up straight.