

HOW TO: Appear Confident

(even if you're not...ssshh!)

1 KEEP YOUR BACK
STRAIGHT &
SHOULDERS
RELAXED!



2 RAISE *(and keep)*
YOUR
HEAD HIGH!



3 PLACE YOUR ARMS
COMFORTABLY BY
YOUR SIDE



4 WALK WITH PURPOSE
(like nobody can get in your way!)



5 ALWAYS MAKE
EYE CONTACT!!!
*(with a non threatening and
relaxed gaze)*

