



5 Body Language Hacks That Instantly Boost Your Confidence & Assertiveness

| Thread



1. Fake it till you make it.

This is the mindset you need to have.

“fake” confident body language uses the same techniques as “real” confident body language and therefore will have the same results. You do not need to be confident to speak confidently.

As long as you learn the correct step and study confident people, you can adapt to the same techniques they use.

Doing this will eventually make you feel more confident.

2. Posture

Posture can make or break your confidence.

Regardless of how you feel, your posture needs to be strong. Shoulders back, chest out, and head held high.

If you want an even stronger posture, work on building out your back, shoulders, and traps.

3. Eye contact

Avoiding eye contact will negatively affect how people perceive you. They will think of you as nervous, shy, and uninterested.

The stronger your eye contact is, the more authority and dominance you will demand.

4. Take a deep breath, and talk slow.

Talking too fast is a sign of nervousness and low confidence. It can also make you stutter and mumble your words. Practice taking pauses between sentences, doing so will make you seem more mature and sophisticated.

5. Stop touching yourself...

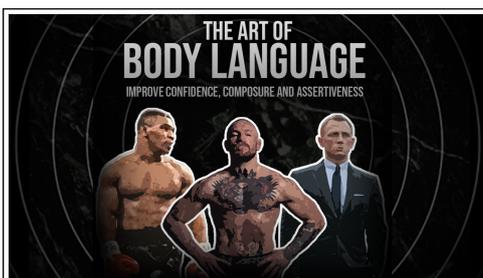
Constantly touching or fixing your hair makes you look unconfident.

Touching any other part of your face will distract from what you're saying.

Fidgeting of any sort is completely unprofessional.

My eBook *The Art of Body Language* goes into much more detail, as well as breakdown the body language of Conor McGregor and Mike Tyson.

If you want to build confidence, gain respect and become assertive, this is for you.



The Art of Body Language

Learn How to Use a Nonverbal Form of Communication to Improve Confidence, Composu

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