

6 ^{VERY} COMMON BODY LANGUAGE BLUNDERS



Own Your Body Language

6 Common Body Language Blunders

Body language is a powerful tool that can make or break your success in any social or professional setting. It's easy to commit these body language blunders that can sabotage your efforts and undermine your credibility. No matter if you are presenting to 3 people or to 300 people, when you have an important message to convey your body language can make all the difference.

Some of the most difficult conversations, can be with our loved ones, and those are the most important to get right. Don't mistake the fact that someone is close to you for automatic understanding... when emotions run high it's important to be clear.

The good news is that these blunders are easy to fix, once you know what they mean and how to correct them in the moment. With practice you will be able to express your true self easily.

Don't let these blunders sabotage your success!

If you are ready to look deeper, the training takes place via zoom a few times a year and it's the most direct path to correcting any blunders you might be suffering from. Whether you're on a first date, giving a sales presentation, or going for a job interview, our classes can help you avoid awkward situations and present yourself with confidence and authority.

Blunder

Avoiding eye contact, not connecting with your audience, or speaking to the ceiling.

Deal Breaker This breaks trust with your listeners and makes you appear shifty or untrustworthy.

Correction To avoid these blunders, make eye contact with your audience members as you present. Try to connect with each person in the room without focusing on any one individual for too long. Avoid staring and maintain a natural, friendly gaze to build rapport and establish trust with your listeners.

Do not stare!





Blunder

Starting to speak before ensuring you have the listener's full attention.

Deal Breaker This communicates that your message is not as important as their side conversations. Makes you look too weak to command the room's attention and this may be interpreted as not worthy to be listened to.

Correction **Own your stage!** No matter if it is only 3 people or 300 people, when you have an important message to convey your body language can make all the difference. Walk up with presence, greet the audience, pause and wait for their attention. Look over the audience. Once all eyes are on you, begin your presentation. When you are in touch with your own presence all eyes will be on you.

This one takes a bit of practice but with a little training it can become your innate superpower.

Blunder

Hands in your pockets, belt or sleeves.

Deal Breaker This behavior can make you appear as if you're hiding something or unwilling to show your "hand," which can come across as untrustworthy or even like you're bluffing.

Correction To avoid this blunder, authentically gesture along with your words. Your arms are an extension of your heart, and they can paint a picture like a paintbrush. Use natural, open gestures to emphasize your points and convey your message with confidence and authenticity. Putting your hands in your pockets creates a barrier between you and your audience and makes you appear untrustworthy or unprepared. By staying open and engaged, you can build trust and establish a connection with your listeners.





Blunder

Fidgeting. Playing with hair, clothing, paper or pen.

Deal Breaker

These behaviors can devalue your credibility and make your audience less likely to believe your message.

Correction

Breathe, stay calm and centered. Be actively aware of your worth and the value of your message. When you are connected with your inner source of power, your insecurities will dissipate, and you will be able to present yourself with confidence.

Allow yourself to be vulnerable and keep your attention on your message. By staying focused and present, you can deliver your message with impact and authority.

Blunder

Crossing your arms or legs while speaking.

Deal Breaker

This can make you appear insecure and unreceptive, which can make your audience less likely to trust you and invest in your message.

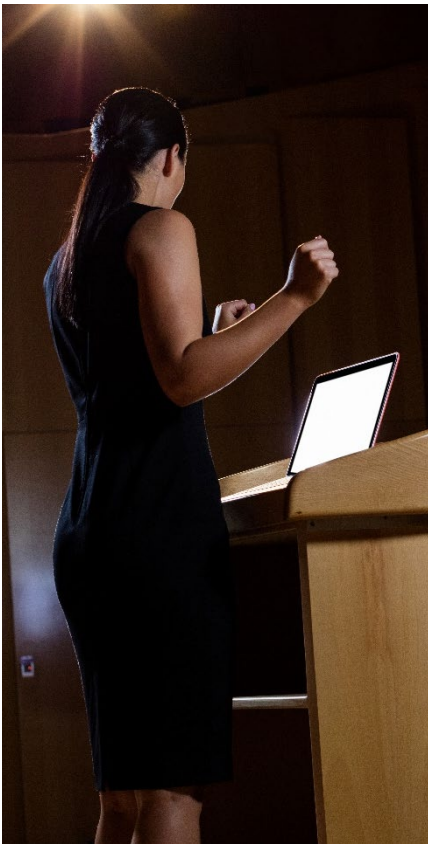
Correction

To avoid this blunder, allow your body to move naturally with the message. Give your body permission to communicate along with your voice, and use natural gestures to emphasize your points.

Avoid crossing your arms or legs, which can create a barrier between you and your audience.

Instead, keep your body language open and receptive, which will help you build trust and establish a connection with your listeners.





Blunder

Planting your feet and staying rooted to the same spot on the stage.

Deal Breaker

This can make you appear stuck and inflexible, which can undermine your credibility and make it harder to connect with your audience.

Correction

To avoid this blunder, take command of the space and allow your legs to move with your words. Use natural movements and gestures to act out your story and emphasize your points.

Avoid standing in one place for too long, which can make you appear stiff and unapproachable. By staying open and flexible, you can project a sense of openness, power, and confidence to your audience.

Blunder:

Bad posture.

Deal Breaker:

Depending on your stance, bad posture can make you appear cowering, arrogant, or afraid, which can undermine your credibility and make it harder to connect with your audience.

Correction:

To avoid this blunder, focus on your chin, chest, and back, which all communicate different feelings to your audience. The key is to stand up straight in alignment with your center core. Authentic posture comes from the inside out, so it's important to work on cleaning up your fears and past hurts to develop a confident and authentic posture. By standing tall and centered, you can convey confidence, authority, and authenticity to your audience.



BONUS 1:

Remember that any closed or stiff posture can project the need to protect oneself, which can raise doubts about your capability in the minds of your audience. By using open postures and projecting a sense of openness, power, and confidence, you show yourself as competent.

This will help you build trust and establish a connection with your listeners.

BONUS 2:

Remember that your body language says a lot about you before you even open your mouth, so it's important to pay attention to what your posture is communicating.

Does your body language convey confidence, health, fitness, energy, or happiness?

By being aware of your body language and making **Corrections** as needed, you will present yourself with confidence and authority in any situation.

“Be brave enough to play big and stand up for yourself! When you move with purpose your movement becomes mesmerizing. Motion evokes emotion and emotions move the buyer into action. People love to buy from genuine, authentic, colourful, powerful people. Once your authentic body language is flowing with power people will go out of their way to be with you and buy from you.”

~ Carole Maureen Friesen

If you're ready to understand what your body is communicating without you even saying a word, then this is what you need. The training is via Zoom over 8 weeks for 3 hours a week.

It is offered a few times a year and this is the most direct path to correcting any blunders you might be suffering from. Whether you're looking to improve your sales pitch, ace a job interview, or communicate more effectively with your loved ones, this training can help you with confidence and authenticity.

Don't let body language blunders sabotage your success any longer!

Sign up for one-on-one or group training today!

OwnYourBodyLanguage.com