

Do You Know **What Your Body Is Saying?**

By Lynnette Begue-Lavery

Did you know that 93% of your image is non-verbal? Within the first seven to seventeen seconds of meeting someone, they have already begun to form an opinion about you. Of those opinions, 55% are based solely on your appearance. You may be conveying much more than you realize. Often our body movements are so subconsciously done, we don't even realize that we have done them. For example, think about when someone tastes something new. You know immediately by their facial expression if it's awful. Our body language gives us away, and generally conveys the truth about our thoughts.

Awareness can be the key to transforming your image and critical to your success. Here are a few simple things that can have an immediate impact and give you more confidence.

Before going to your next meeting or into the board room, take a few minutes by yourself, stand or sit tall, shoulders back, and just breathe deeply. Do a power pose, think of wonder woman, hands on the hips, feet slightly apart, owning your presence and your decisions. Now this may sound silly, but there is a real connection in our own brain when we change our body position.



Here is another seemingly small gesture that can make a dramatic difference in the outcome of our conversation. Many of us talk with our hands, and we don't even realize it. But there is something psychologically conveyed when our hands are palms up vs palms down. Think about it, if you are having a conversation with someone and their palms are down, they may be conveying displeasure all though they are saying "let's talk about this." On the other hand, palms up convey a sense of cooperation or willingness to help. When we expose our palms, we appear more cooperative and trustworthy. It says more than just 'hi'.

Making a conscious effort to think about what your body is doing, especially when you are frustrated, angry, nervous, or happy will help

you determine whether your body language is congruent with what you are saying. When your non-verbal's match your words, your communication will be clear and authentic, as well as being perceived as more trustworthy, corporative or charismatic.

Of course, the most obvious is a simple smile. Smiles change lives! When our personal emotional management is strong, we are able to have more awareness and discernment about the message we are conveying. Image is more than just what you wear. It's knowing yourself and your LIFEstyle energy. Be more confident by living in your strengths and letting your inner beauty shine because you never get a second chance to make a first impression. Live life confident!

Lynnette Begue-Lavery

Your Personal Image Consultant

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