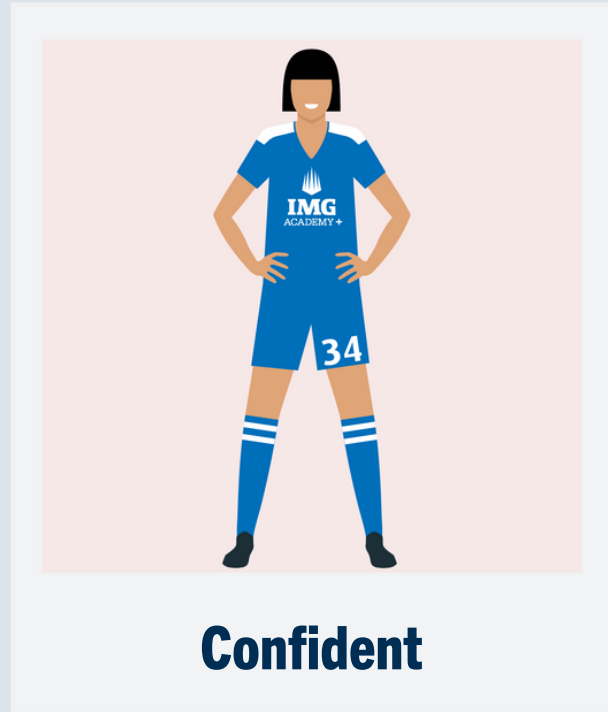


YOUR BODY LANGUAGE TOOLKIT

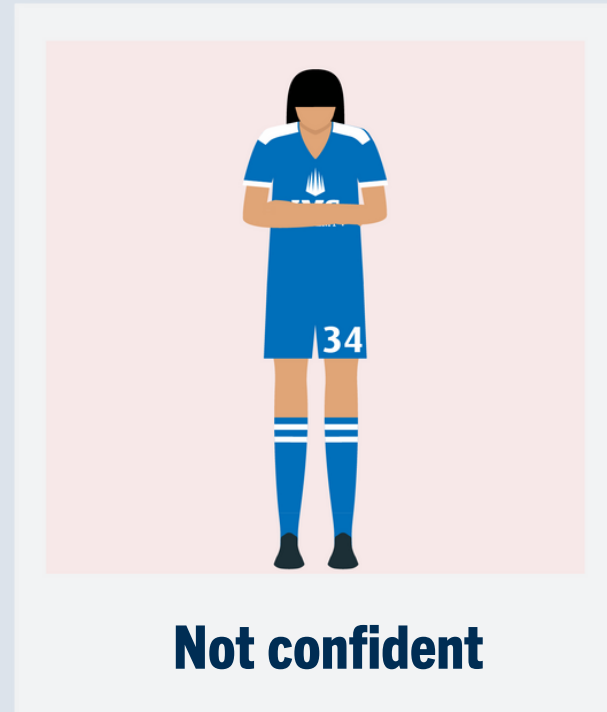
What does confident body language look like?

IMG ACADEMY⁺



Confident

- + Stand straight
- + Shoulders back
- + Feet planted squarely on the ground
- + Weight evenly balanced on both feet
- + Positive expression
- + Big open gestures



Not confident

- + Slouched shoulders
- + Head hanging down
- + Negative expression
- + Small gestures that close off the body

YOUR BODY LANGUAGE TOOLKIT

Take Control Using the Notice-Think-Adjust Framework.

IMG ACADEMY⁺

Step 1: Notice



Notice when your body language becomes negative. Bonus points if you can notice how you feel just before negative body language appears.

This awareness is your body language superpower, so make it a habit!



Step 2: Think



Now think of the message you want to send to your opponent.

Be specific with what you want to display on your confidence billboard.

Do you want to show them that you came to win, that you are prepared for anything, or that you are confident in your ability to beat them?



Step 3: Adjust



Finally, adjust your body language to reflect the message you want to send.

Remember to focus on your posture, facial expression, and gestures.



TOP TIP: Do this work ahead of your next competition to prepare for moments when you may feel less confident.