

## Understanding Body Language

When we interact with someone we often observe, judge and gain an understanding of that person based on their body language. We get a clue of how the person is feeling. Do you know how important body language is? In this article, I will highlight the significance of body language.

We learnt the importance of Body Language in our Life Skills class. Our body always communicates. Our posture, gestures, eye contact and facial expressions reveal our confidence or lack of it. The steeple hand gesture is a power gesture used by powerful people across the world. This posture indicates confidence. The different ways in which we cross our legs

indicate a lack of confidence, arrogance or confidence. During the session, we learnt improper handshakes and the right way of shaking hands. A good handshake should be firm. Avoid dead fish and boisterous handshakes.

When someone is anxious their body reflects their anxiety. They may fiddle with their hands or shake their legs nervously. When a person lies, their body language gives out the truth. Even when we don't speak, the body speaks.

Our body language matters because it tells the world whether we are being respectful, honest, arrogant, confident or anxious.

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