

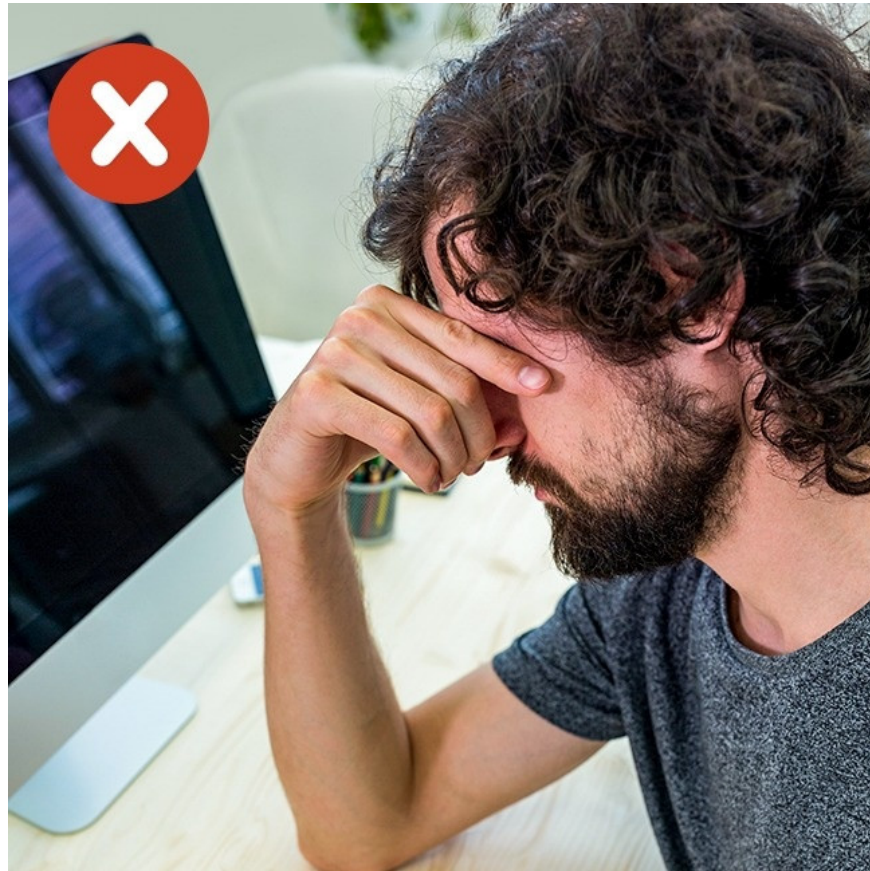
# 7 'indispensable' body language of successful people

Remember 7 indispensable body language of successful people!

Our body has a language of its own and sometimes it is one of the factors that determine whether you succeed in life or not. What makes the difference between successful people and losers is not only in the context of development or the opportunity, but also depends on how they show their body language to the world. out. Successful people often have serious, clear working styles and know how to organize things logically. However, the group of " *delaying success* " is often sluggish and does not know how to modulate emotions.

Recent studies show that successful people always know how to communicate effectively by using nonverbal cues with higher *emotional intelligence (EI)* . So, **Network Administrator** shares 7 hopes of body language that will help you become more successful.

## 1. Sit to work



Hunched over



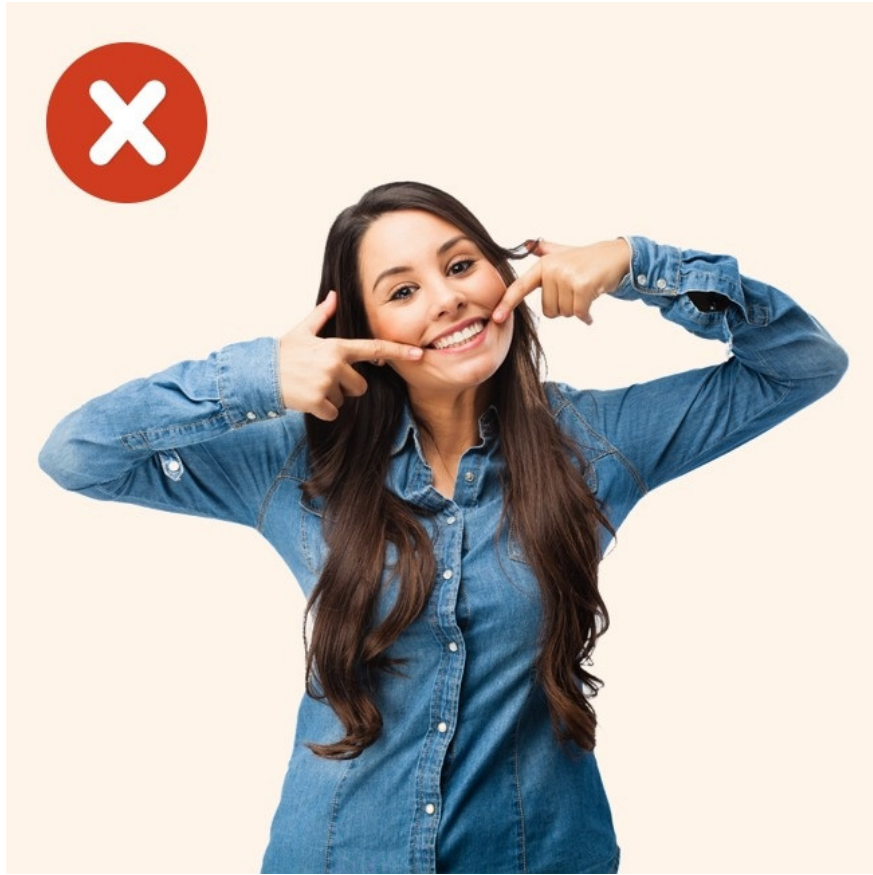
Sit up straight

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Hanging your shoulders down in a chair, placing your elbows on the table and placing your hands on the half of your face are signs of disrespect. This sitting posture shows you are not interested in what other people are saying. Conversely, if you sit upright, show confidence, serious working style and respect for people around you.

Remember: **the body posture shown will help you be more successful** . Never sit hunchback or sluggish, because you will look "smaller" and show a lack of confidence and energy. [3 simple ways to double confidence in just 70 days]

## 2. Express emotions accurately



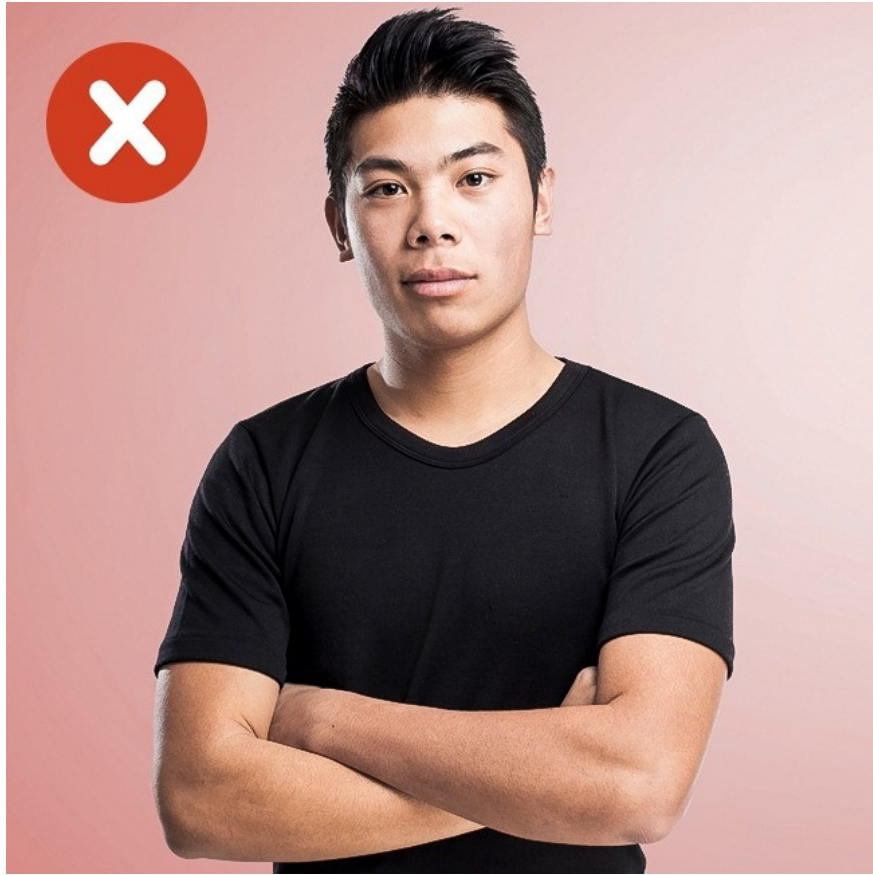
Express too much  
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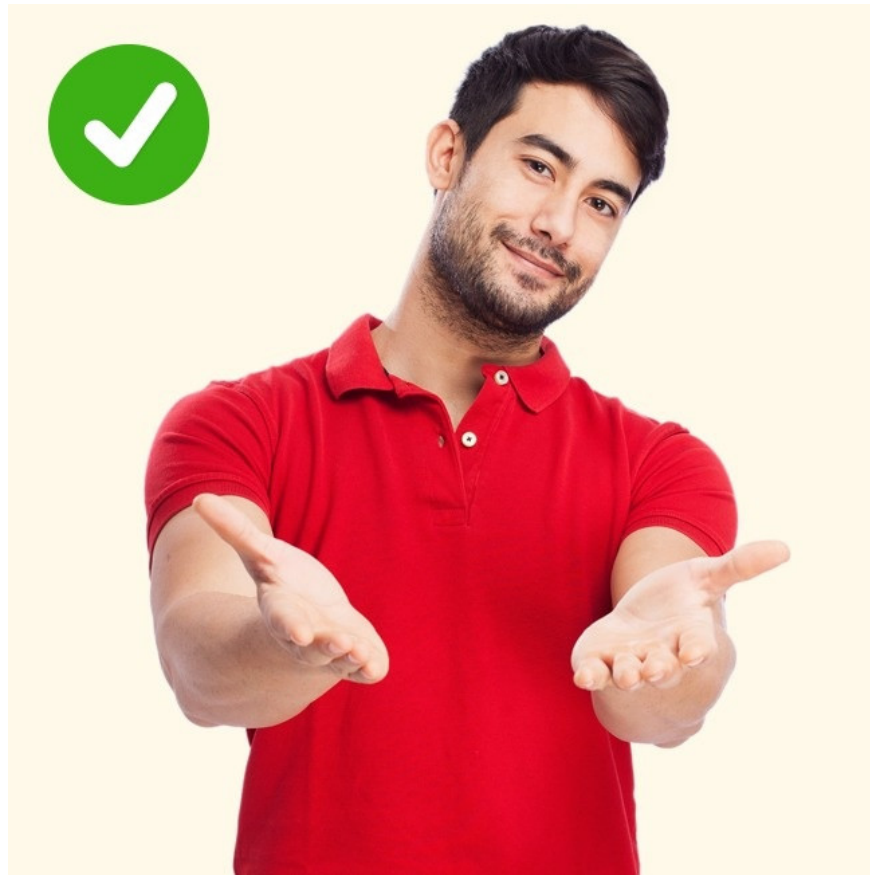
Moderate emotions  
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If you express your emotions in a way that is too much, others will think that you are lying or deliberately hiding something. On the other hand, show comfortable gestures like spreading your arms, for example, showing that you don't hide anything. But remember to be comfortable in the framework.

### **3. Gestures when communicating**



Crossed arms  
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Keep your hands comfortable  
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When you talk to the other person, you just stand with your arms crossed, sending a clear message: "*I feel uncomfortable and I disagree with what you say* ." Even if you laugh, still crossing your arms is not a good body language gesture.

#### **4. Play with your hair**



Play hair  
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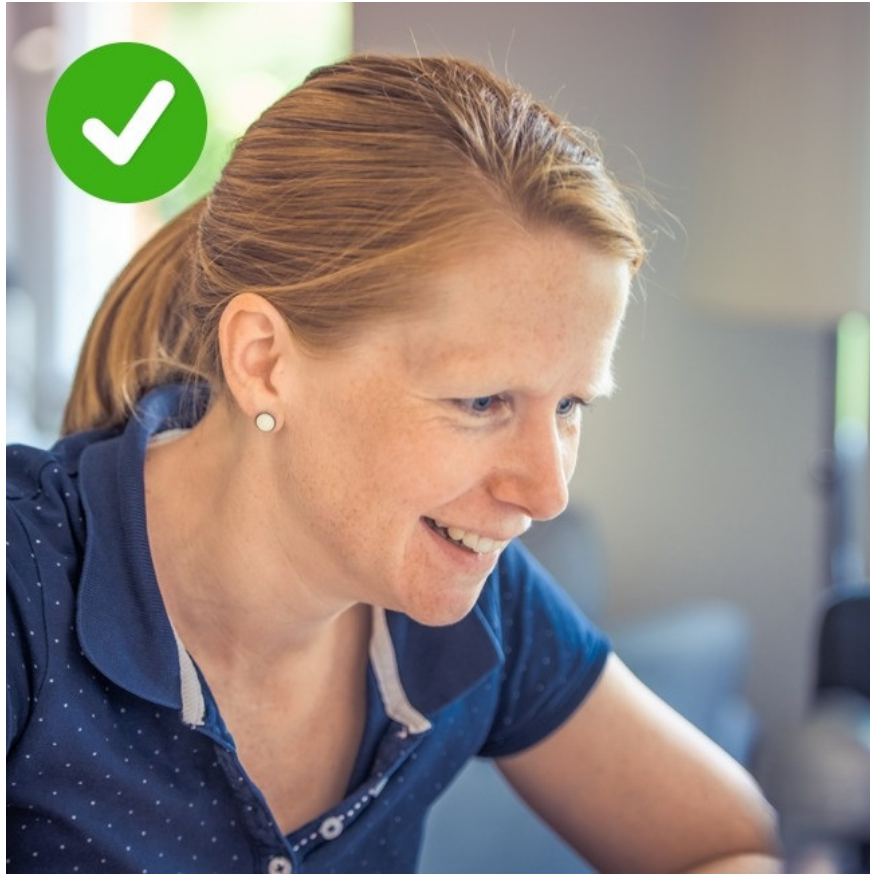
Concentrate  
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If you are a person who has a habit of constantly touching your hair, toying with your hair or trying to fix your hair while talking to others, it is an extremely bad habit. This shows that you are feeling unconfident and not paying attention to what they are saying. **Stop this habit and try to focus on communicating most naturally** before it's too late.

## 5. Face big problems



Worry



### Calm

Smiling all the time is not a good idea to help you show your strong personality, but smiling in the right place at the right time helps to reassure your emotions and control every situation. Moreover, it makes others feel that you are always calm, calm before every situation.

## **6. Make eye contact**



Avoid looking straight  
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Confident look straight  
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This is probably the most important thing when learning about body language. Too stressful eyes can intimidate people who are talking to you and this shows that you want to catch all gestures and words because of your own insecurity. However, if you avoid looking straight ahead, you will get a message: you are hiding something. **Try to keep natural gestures by looking directly at the opponent's eyes and using pause signals to provide the most accurate messages.** This action will make them believe and listen to what you say.

## **7. Shake hands**



Indiscreet  
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Friendly  
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**Never shake hands nonchalantly** . That doesn't mean you have to provide a " *grind* " handshake, but when someone makes an offer to shake hands with you. A friendly handshake will make you feel confident and safe, and shake hands nonchalantly to show that you don't trust the opponent and are willing to cooperate with them.

**Refer to some other articles:**

1. When you fail, remember these 11 statements
2. 14 things people with strong will often do to achieve success
3. 12 healthy habits but extremely harmful to health

**Having fun!**

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