

# To succeed, change the style of behavior in the workplace

You still stand on your feet not because you are not competent, nor are you not good at work, but may be due to your behavior at work.

Have you ever wondered why after a few years of work I still stalled, still a small employee, there is no position in the company?

1. 9 psychological tricks to help you become "interesting and interesting communication"
2. 12 bad habits in dealing with many people
3. Try these 13 psychological tricks to easily communicate with people

You still stand on your feet not because you do not have the capacity, nor do you have a good job, but it may be due to your behavior in the workplace. There are a lot of eyes on you, just your smallest gestures, which are also factors that other colleagues see and evaluate about you. So how can you keep your confidence and success in this workplace? The following article will give you answers and some basic suggestions from Lillian Glass body language expert.

## 1. Never appear slow



In the workplace you should never be slow, others will look at you as being incompetent. According to body language expert Lillian Glass, if you want others to rate you well, you need to have a good posture first. "*You must always hold your head high as if there is a rope pulling your head up, and you have to push your shoulder slightly back.*"

## 2. Connect with your footsteps

In addition to sitting posture, the posture and standing should be noted, Glass said: "*Let the step towards the person you are talking to or communicate with. That means you are connecting with people. there*".

## 3. Focus on exchanging with eyes



The eyes are the window of each person's soul, you can judge the mood of others through the eyes. However, when communicating, you should also avoid staring at their eyes, thus making the other person feel threatened, instead look at the entire face of the opposite person. You look at the face for a second. Look into your eyes for a second. Look at the nose for a second. And look at the mouth for a second.

## 4. Hand gestures are also extremely important



To help you and your colleagues become closer, you can use your hands, talk openly with them, use close gestures rather than being self-contained that will cause you to be colleagues alienated.

## 5. Don't be nervous, worried



Glass advises, "Don't create extra movements like swaying your body or standing on one leg. You have to stand with your feet firmly on the ground. Put your toes toward the person you're talking to." .

## 6. Should speak in a voice from the abdominal cavity



Voice is also an important thing, making it possible for you to convey your message to colleagues most clearly. So, instead of making a sound from your throat, you should emit sounds from your belly. Why is it like that? Because when you take a breath from your abdomen, allow you to protect your voice. The throat will break your voice, not giving you the power and solemnity in the voice. The words also clearly show the leadership qualities of each person.

## 7. A voice full of energy

Is your speech a strong point? If it is really a strong point, then use it thoroughly. When speaking, never show boredom or monotony. Give the opposite person a sense of vividness in each of your words. "*Smile when things are fun, and it's serious to talk about something that needs solemnity and concentration.*" Glass said.

When you talk, open your mouth, don't let your teeth touch each other, making the sound you hear hard to hear, making the other person uncomfortable when exposed.

## 8. Communicate in three parts



Communicate as you write an essay, in that story you also need to have the beginning, the middle, and the end of the story. Never say disjointed, unrelated stories and no clear themes. These are the ultimate things when communicating.

Have fun!

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