

Make Body Language Your Superpower

Dimas Aryo Bimo Wicaksono

What you can tell from a person's **BODY LANGUAGE**

Eye contact

Making eye contact is a powerful way to nonverbally communicate, and although there are several reasons for making eye contact, one of them can be an indication of interest.

Prolonged eye contact

Researchers have concluded that the preferred length of eye contact is 3 seconds long on average

Looking to the left

Looking to the left can indicate the recalling of the memory of an experience or emotion

Puckered lips

Puckering of the lips typically indicates desire, and can be a playfully flirtatious gesture

Pursed lips

Could indicate disapproval, dislike or distrust.

Parted lips

Slightly parted lips can be a strong flirting signal, especially if the lips are also licked.

Biting lips

Biting the lip can often be a sign of stress or anxiety, but can also be an indicator of desire.

Consistent eye contact

People much prefer it when you look at them, so breaking off and reestablishing eye contact is a good indication of interest.

Breaking eye contact

Establishing eye contact and then breaking it to immediately look back is classic flirting behavior

Looking to the right

Looking to the right is an indication of creative thinking

Palms up

Open palms facing up is an indication of acceptance and openness, as well as indicating sincerity and honesty

Hidden hands

Hiding the hands is usually an indication of being less open and honest

Finger tapping

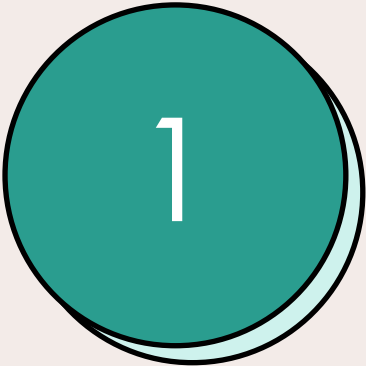
Finger-tapping is almost certainly an indication of disinterest and a sign of impatience and boredom.

The face platter

The face platter is when someone places their chin on top their hands by interlocking their fingers. This is a positive body gesture and indicates interest

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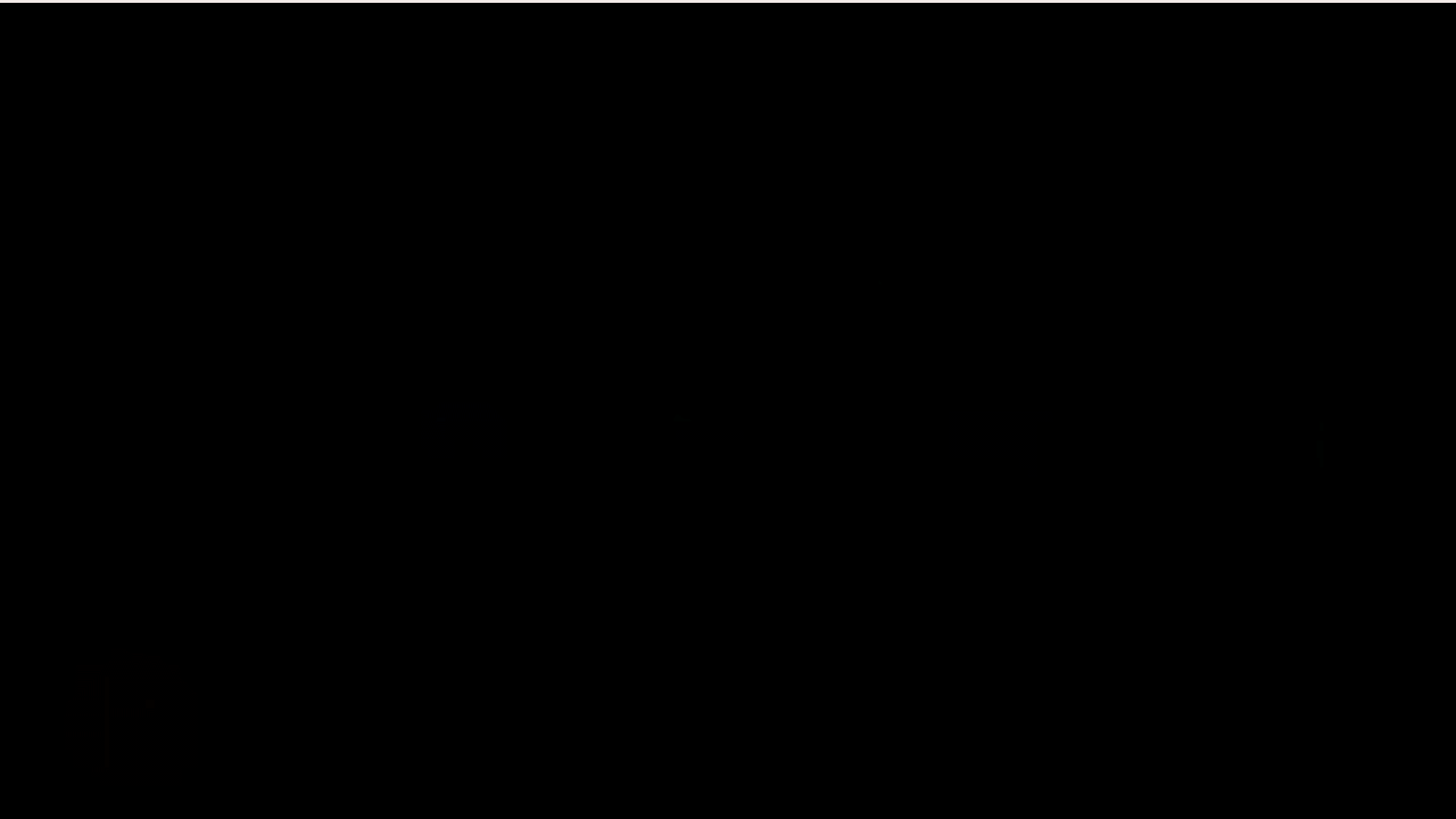
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Gesture
Strengthen
Our Message



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The
Audience's
body matters,
too!



Communication
begins before you
open your mouth

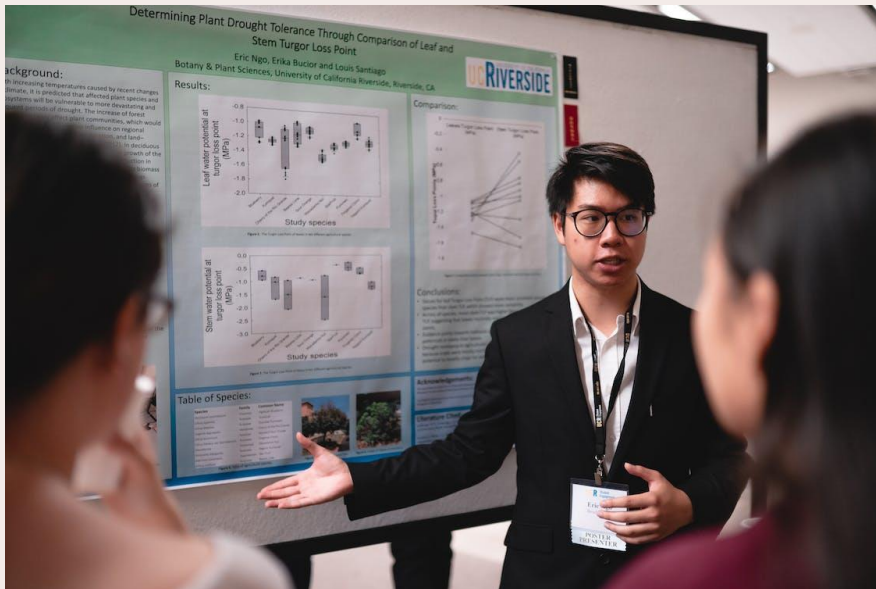


Position Matters



How you stand Impacts the audiences

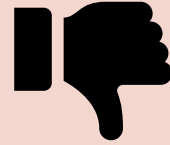
Facing the audiences



Facing the visual



Avoid these when in front of audiences



Hands in your pocket & on your hips



Hands on “Fig Leaf” position



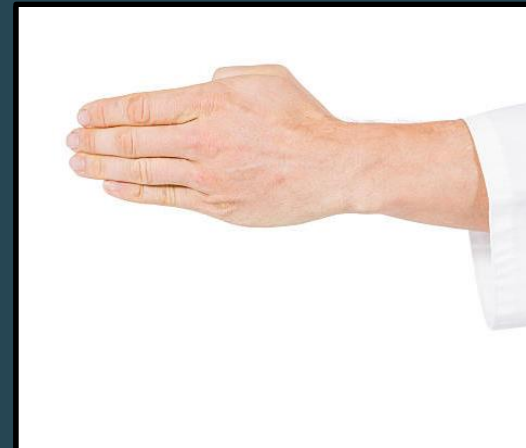
Hand Gestures



The Give



The Show



The Chop

How About a Nice Hand?



Palm Up: 84%



Palm Down: 52%



Pointing: 28%

*Source: Allan & Barbara Pease,
The Definitive Book of Body
Language*

Don't talk like your kid's favorite puppet



“



”

Are you still with us?

You are the Hero



You're the guide and It's your audiences' journey



We want you to know

Body language is your superpower: stand strong, gesture effectively, and mind your audience

Thank you

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