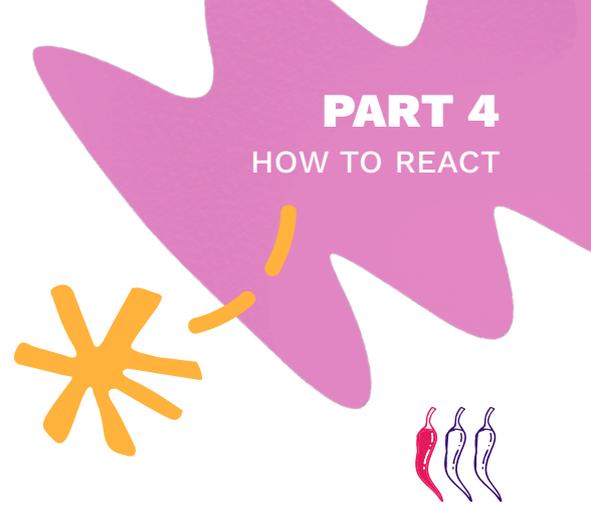


Exercise 1

A GOOD POSTURE



SITUATION

What influence does my posture or non-verbal communication (body language) have on what I say or the impression I make



PARTICIPANTS

At least 2 participants – variable (preferably an even number as the exercise is carried out in pairs)



MATERIAL

- **Appendix 1:** Background information on non-verbal communication
- Beamer + screen/white wall*, Sound system*, Wifi*, PC*
*if the educator wants to show the video.



TIME

15 - 20 minutes

OBJECTIVES

- To recognise what your natural posture is
- Knowing the influence your posture has on what you say and the impression you make
- Self-insight, who you are, what you can do, what you want
- Exercises to improve your natural posture



SEQUENCE

The trainer gives instructions:

1. Ask the participants to go and stand in pairs.
2. Ask 1 participant to stand in the way they prefer (natural posture).
So not overly straight, just in the way that feels good.

Allow the other to look and explain what impression participant 1 makes on them. (shy, confident, arrogant, etc).

Exercise 1

3. Ask the participant who was observing to move the other participant by lightly pushing their shoulder.

The trainer asks: was that easy? Or was there resistance?

4. The participant who pushed now has to help the other person adopt a firmer position. For example, bring the shoulder blades closer together, straighten the back, raise the chin a bit, cross the arms, knees out (gently bent), feet at hips' width.

5. Now try and push the other person again.

The trainer then asks: how easy was it this time?

6. The trainer discusses with the group what constitutes a strong posture and what its advantages are (**Appendix 1**).

7. If possible, the trainer shows the video about non-verbal communication.

'5 Simple Ways to Come Across as Confident - Exude Confidence - YouTube'
<https://www.youtube.com/watch?v=lluyY6QwUB8>