CSIBER, KOLHAPUR

Positive Body Language

Let your confidence show through your actions.

Purpose

Non-verbal communication influences how others understand and respond to us. Positive body language can demonstrate confidence, attentiveness, enthusiasm and respect during interviews and professional interactions.

Guidelines

- Maintain natural and appropriate eye contact while speaking and listening.
- Sit and stand upright with a relaxed, confident posture.
- Offer a polite, natural smile and greet people courteously.
- Use purposeful and moderate hand gestures to support your message.
- Show that you are listening through attentive posture and appropriate facial expressions.
- Avoid fidgeting, repeatedly checking your phone, slouching or appearing distracted.
- Remain calm and composed, even when answering challenging questions.
- Respect personal space and follow appropriate professional greetings.

KEEP IN MIND

Positive body language reinforces your words and helps create a confident professional impression.

Professional readiness is built through consistent everyday habits.