

# POWER POSTURING CHEAT SHEET

ALWAYS MOVE WITH PURPOSE



## UNTRUSTWORTHY MOVEMENT:

- Wandering
- Pacing
- Shifting Weight
- Kicking Feet
- Walking backwards
- Over-rehearsed staging that lacks purpose

## TRUSTWORTHY MOVEMENT:

- Finding a reason to move elsewhere - examples:
  - Person you are addressing walks away
  - Emphasizing a point
  - Someone on the other side of the room is identifying with you in their body language
- Planted feet
- Walking with a destination in mind - with a sense of urgency, purpose, and/or intention
- Point of reference eye contact



Want to know more about how to incorporate this into your presentations?

**Let's have a chat! [www.getmypowerup.com](http://www.getmypowerup.com)**