



# Exploring Leadership

## COMMUNICATION: CONFIDENCE & PRESENCE

What do Wonder Woman and Superman have in common, aside from saving the day? They exude a powerful presence that makes everyone take notice. This kind of confidence isn't just for superheroes. Research shows that standing in a power pose for just two minutes can reduce stress, boost self-confidence, and prepare you to tackle high-pressure situations like job interviews or public speaking. Your body language doesn't just communicate with others—it also sends a message to your brain, saying, "I've got this."

### CONVERSATION STARTER:

Without moving, take a moment to notice your posture or how your body is positioned, head to toe. How do you feel in this posture? How would you describe your presence right now?

Power poses are more than just stances; they're tools for shaping your mindset. Expansive postures, like standing tall with your hands on your hips or raising your arms in a "victory" pose, signal confidence to yourself and others. Taking up space tricks your mind into feeling stronger, calmer, and more prepared to face challenges. Whether it's walking into a big meeting or preparing for a competition, using a power pose can help you channel your inner superhero and approach pressure with confidence.

### KEY OBJECTIVES:

- Learn how body language shapes how you see yourself and how others see you.
- Practice and demonstrate power poses to boost confidence.

### WHAT YOU'LL NEED:

- Copies of Power Poses (see Appendix)
- A large open space for a runway activity
- Speakers or a device to play energizing music like "[Let's Get Ready to Rumble](#)" (3:29 minutes)

## EXPLORATION ACTIVITY:

Learn how power poses can boost your confidence and prepare you for high-pressure situations. It's a fun way to practice using body language to feel strong and capable.

### FACILITATOR TIPS:

- Do a quick demonstration of the power poses beforehand, so participants clearly understand them.
- Encourage everyone to have fun with the activity while focusing on the impact of body language.
- Divide participants into small groups of 3-4 and provide each group with a copy of the Power Poses guide (see Appendix). Assign one power pose to each group.
- Explain that each group will participate in a "fashion show," walking a runway and striking their assigned power pose.
- Start the music (e.g., "Let's get ready to rumble!"). Give each group one minute on the runway to showcase their poses. Make sure everyone participates in a way that feels comfortable for them.
- After the show, let everyone try out all the power poses. Encourage them to find a pose that feels empowering.
- Remind participants that power poses can be done privately to build confidence and presence.



## REFLECTION QUESTIONS:

- How did using a power pose make you feel in the moment?
- Did you notice any changes in your confidence or mindset after holding the pose?
- Can you recall a time when you felt unsure or lacked confidence? How could a power pose have helped in that situation?

## APPLICATION DISCUSSION:

- In what real-life situations could a power pose help you feel more confident or present?
- Do you know someone whose confident body language stands out, whether intentionally or not? How does it influence the way others respond to them?
- Why do you think expanding your posture with a power pose can help boost confidence and self-assurance?



## CONCLUSION:

Confidence and presence aren't just about how others perceive you—they're about how you see yourself. Power poses are a simple yet powerful way to boost your self-belief and prepare for life's challenges. The next time nerves strike, take a moment to stand tall and claim your space. Channel your inner Wonder Woman or Superman, and when you step forward, you'll be ready to handle whatever comes your way. True confidence isn't about never feeling doubt—it's about showing courage and strength, even when you do.

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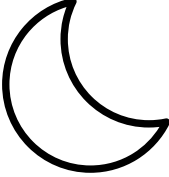


## REFERENCES

- TED: [https://www.youtube.com/watch?v=l\\_NYrWqUR40](https://www.youtube.com/watch?v=l_NYrWqUR40) (4:16 minutes)
- Power Poses: <https://www.youtube.com/watch?v=5EHB03268N>
- "Let's Get Ready to Rumble" Song: <https://www.youtube.com/watch?v=nendMLrpl-s> (3:29 minutes)



# APPENDIX:

## POWER POSES

 <p><b>The Body Builder</b> Stand tall with shoulders back, biceps flexed, and fists curled near your ears. Then, switch by rolling your shoulders forward and bringing your fists near your waist.</p>	<p><b>The Superhero</b> Stand tall with shoulders back, hands on your hips, feet shoulder-width apart, and look straight ahead.</p> 	 <p><b>To the Moon</b> Hold one hand under your chin with the elbow angled down behind you, and extend the other arm diagonally upward. Look and point both index fingers in the same direction, then alternate arms.</p>
<p><b>Victory Pose</b> Stand with feet shoulder-width apart and stretch your arms into a V-shape, as if celebrating a race victory.</p> 	 <p><b>The CEO</b> Stand at the head of a table with feet spread wide. Lean forward, place hands on the table, keep your chest lifted, and hold your head high.</p>	<p><b>The Warrior</b> Step into a lunge with the forward knee bent and the rear leg straight on a diagonal. Extend arms at shoulder height, parallel to your legs, and look forward.</p> 