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## Strategic thinking skills definition

Last updated on 15 January 2021 Popular idiomatic saying that actions speak louder than words has been for centuries, but even to this day most people struggle with at least one area of nonverbal communication. That is why many of us strive to have more confident body language, but we do not have the knowledge and tools needed to change what are largely unconscious behaviours. Given that the perception of our competence and other people's ability and confidence is primarily influenced by what we do with our faces and bodies, it is important to develop greater self-commitment and consciously practice better posture, eye contact, facial expressions, hand movements and other aspects of the body's language. Posture First thing first: how is your posture? Let's start with a quick self-assessment of the body. Are your shoulders induced or rolled back into upright posture? When you get up, evenly distribute your weight, do you over-apply to one side? Does your natural posture give away your legs to the relatively width of your shoulders, or are your feet and feet close together in a closed position? When you're sitting, does your lower back look in a softened position or maintain a flat, spine-friendly posture in your seat? All these are important considerations to consider when assessing and improving your posture and posture, which will lead to a more confident body language over time. If you routinely struggle by maintaining good posture, consider buying a posture/concealer trainer, consult a chiropractor or a physical therapist, stretch and strengthen both your core and back muscles on a daily basis. Facial expressions Are you given any of this in personal or professional settings? Bruxism (tight, compressed jaw or brushed teeth) Bruxism and/or grinding bruxism bruxism Avoiding direct eye contact and/or staring into the ground If you answer that on any of these, then let's start by examining the various ways in which you can project a confident body language through your facial expressions. 1. You understand how others perceive your facial expressionsA December 2020 study UC Berkeley and Google researchers have used a deep neural network to analyze facial expressions in six million YouTube clips representing people from more than 140 countries. The study found that despite socio-cultural differences, people around the world use about 70% of the same facial expressions in response to various emotional stimuli and situations. The study's researchers also published a fascinating interactive map to show how their machine learning technology assessed different facial expressions and determined subtle differences in emotional responses. This study highlights the social importance of facial expressions, because whether we are aware of them or not – by looking in the mirror or your screen on a video conferencing platform – how we can present faces to others can have a profound impact on their perceptions of us, our confidence and our emotional This awareness is an essential first step k2. Relax Your FaceNea research on bruxism and facial tension has found the stress and anxiety of covid-19 locking led to a significant increase in orofacial pain, jaw compression, and teeth grinding, especially among women. The National Institute of Dental and Craniofacial Research estimates that more than 10 million Americans have only temporomandibular joint dysfunction (TMJ syndrome), and facial tension can lead to other complications such as insomnia, wrinkles, dry skin, and dark, puffy bags under the eyes.) To avoid these unpleasant outcomes, start practicing progressive muscle relaxation techniques and take breaks throughout the day to moderate face tension. You should also try some biofeedback techniques to increase your awareness of involuntary bodily processes, such as facial tension and achieve more confident body language as a result. 3. Improve eye contactOd you know that there is a whole subdiscipline to kiessic communication research aimed at eye movement and behavior called oculosics? It refers to various communication behaviours, including direct eye contact, eye evasiveness, pupils' dilation/constriction and even frequency of blinking. All these traits can shape how other people perceive you, which means that eye contact is another area of nonverbal body language that you should be more careful about social interactions. The ideal type (direct/indirect) and duration of eye contact depend on various factors such as cultural setting, differences in power/power/power/age between the parties involved and communication context. Research has shown that differences in the effects of eye contact are particularly large when comparing East Asian and Western European/North American culture. To improve eye contact with others, try to maintain consistent contact for at least 3 to 4 seconds at a time, consciously consider where you are looking while listening to someone else, and practice eye contact as much as possible (as far as it seems strange at the beginning, this is the best way to improve).3. Smile MoreTe have many advantages for laughter and laughter, and when it comes to working on more confident body language, this is an area that should be fun, low-cut, and relatively stress-free. The smile is associated with the happiness chemical dopamine and mood stabilizes the hormone, serotonin. A number of empirical studies have shown that a smile generally leads to positive results for a smiling person, and further research has shown that smiling can affect listeners' perception of our confidence and confidence as well.4. Hand gesturestokin similar to facial expressions and holds what you do with your hands while you talk or listen in conversation can significantly affect the perception of others about you in positive or negative ways. Undoubtedly, the challenge is to consciously consider all your nonverbal signals, while to remain involved in the verbal part of the discussion, but the effort to develop more body awareness will now much facilitate the unconscious design of the more confident body language later 1.5. Enhance Your HandshakeIn an article, An anthropology of the Handshake, University of Copenhagen social anthropology professor Bjarke Oxlund assessed the future of handshakes at the covid-19 pandemic:Handshakes not only differ in function and meaning, but do so according to social context, position and scope. . a public debate would follow on the pros and cons of holding up the tradition of handling as the usual gestures of greeting and leave in different circumstances. It is too early to determine some of the ways in which Covid-19 has permanently changed our social norms and professional label standards, but it is reasonable to assume that handshake can retain its meaning in American society even after this pandemic. In the meantime, to practice more confident body language, the video about the science of perfect handshake below explains what you need to know.6. Do your verbal gestures, because by now you know that confident communication involves much more than simply smiling more or sounding like you know what you're talking about. What you do with your hands can be particularly influential in how others perceive you, whether you're moving with an object, compressing your fists, hiding your hands in your pockets, or calmly gesticulating to highlight the important points you're discussing. Social psychology researchers have found that iconic gestures – hand movements that seem to be meaningfully related to the speaker's verbal content – can have a profound effect on the retention of listener's information. In other words, people are more likely to deal with you and remember more about what you say when you talk with complementary hand gestures instead of just your voice. Further research on hand gestures has shown that even your choice of left or left hand for gesture can affect your ability to give listeners clear transmission of information, which supports the notion that a more confident body language can be achievable through greater self-confidence and deliberate non-verbal actions. Final TakeawaysThe improvement of better posture, improving your facial expressions and practicing hand gestures can greatly improve your communication with other people. At first, the challenge will be to consciously practice the nonverbal behaviors that many of us are used to performing on a daily basis without thinking about them. If you ever feel dissuaded, however, remember that there are no disadvantages to consistently wean yourself into just a little more time and effort to increase your awareness. With the above tips and strategies, you'll be on your way to 8:00 and instantly amptee the perception of others. More tips on how to develop a confident body photo credit: Maria Lupan via unsplash.com unsplash.com

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