

## Cheat sheet on how to create a power pose in 8 easy steps

**Step 1:** Stand up straight with feet at least shoulder width apart and planted on the floor with equal weight on each leg.

**Step 2:** Relax shoulders back and down with head up.

**Step 3:** Place your hands on your hips like Wonder Woman or Superman

**Step 4:** Breathe from your diaphragm.

**Step 5:** Smile and tell yourself that you will communicate as powerfully and confidently as a Super Hero

**Step 6:** Hold this posture for at least 2 minutes

**Step 7:** As you are about to enter a situation/event/venue, drop your hands from your hips to your sides, whilst maintaining your strong and powerful stance as you walk and when you reach your audience.

**Step 8:** Pause, breathe from your diaphragm and smile at your audience before you begin speaking.

