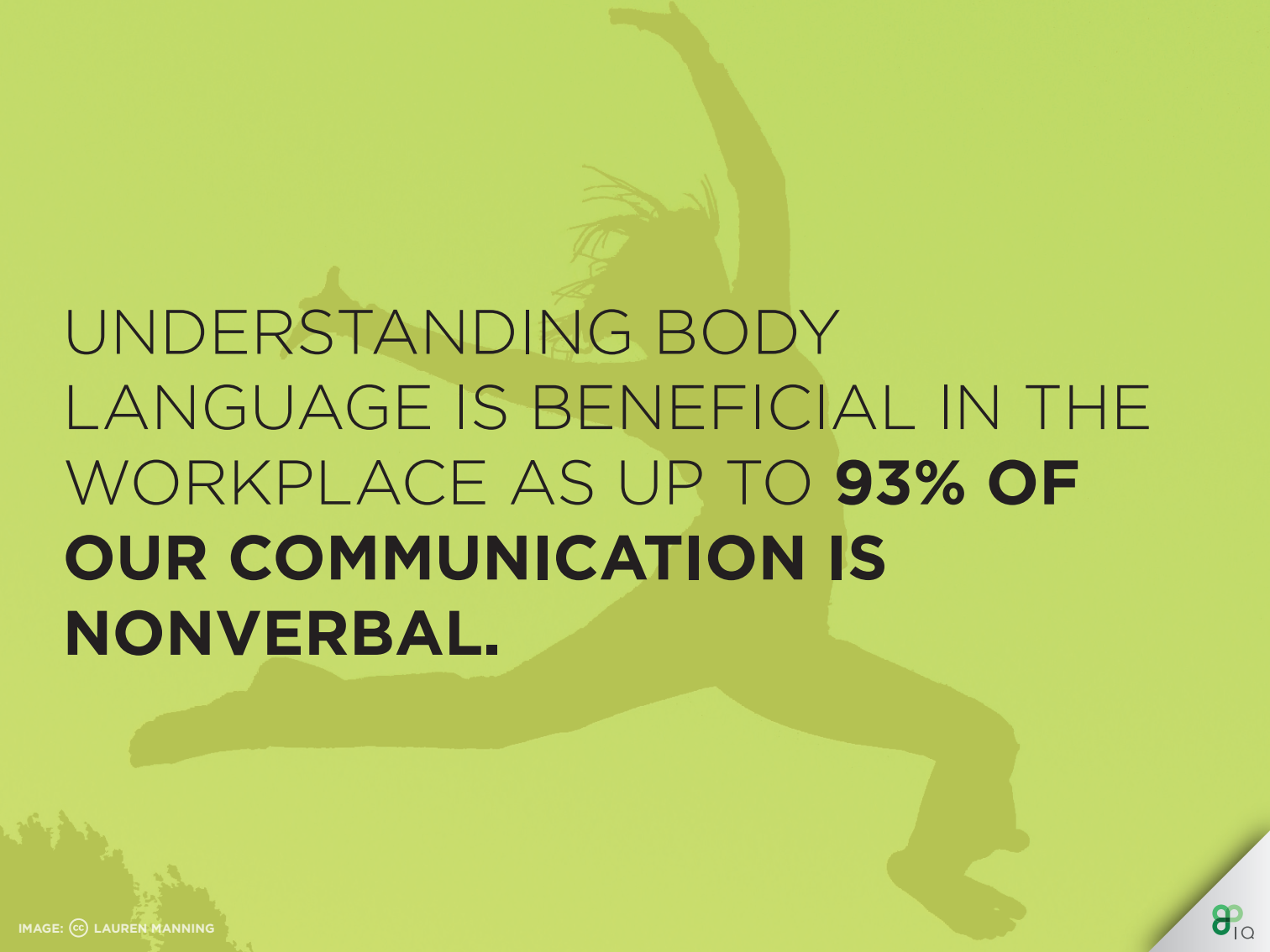


A person is shown in a dynamic, athletic pose, possibly performing a backflip or a similar movement. They are wearing a light-colored, possibly white, outfit. The background is a solid light green color. The person's arms are extended, and their legs are in a wide, spread position, suggesting a full rotation or a powerful leap.

IQ WORK HACKS

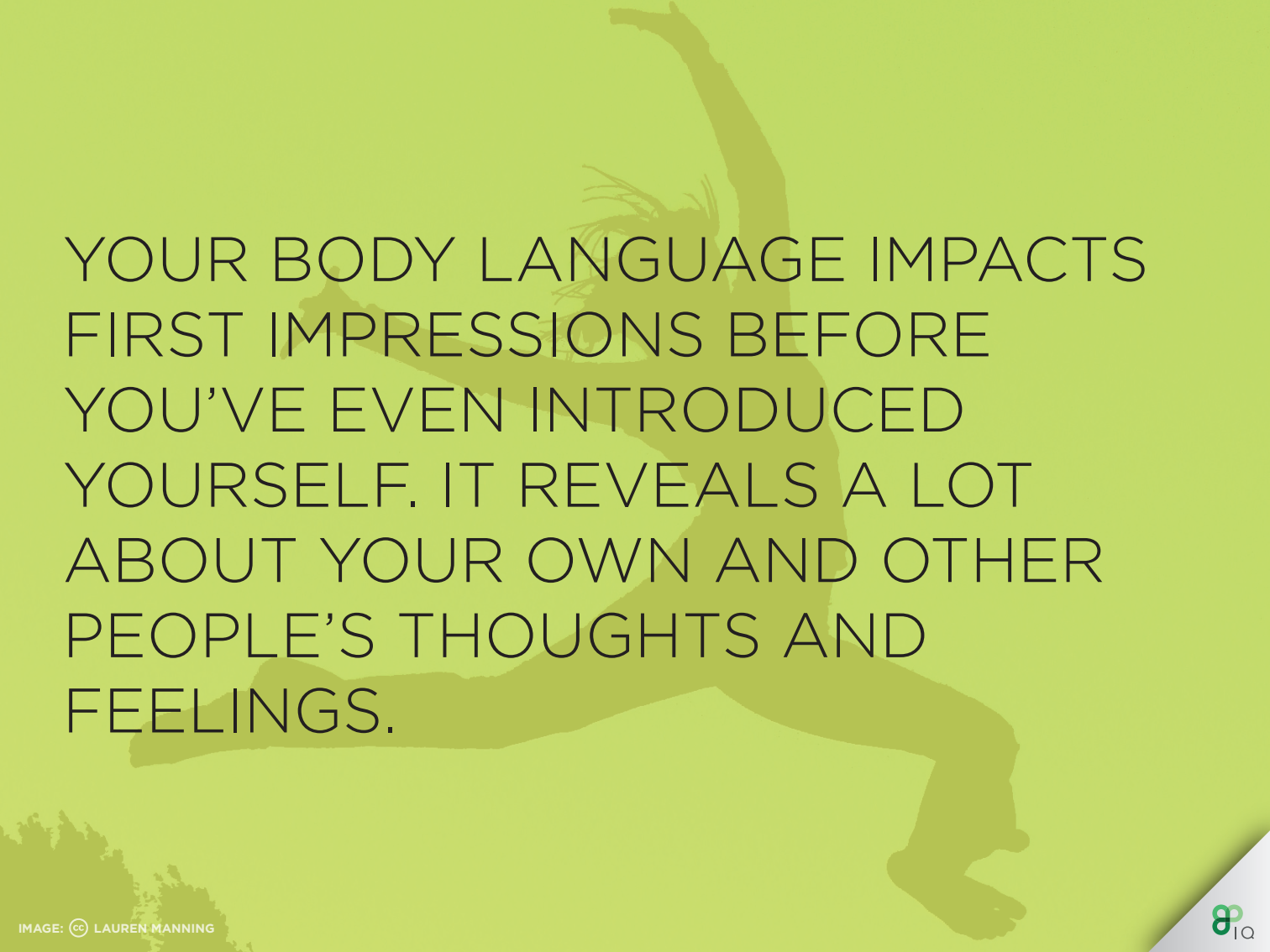
BODY LANGUAGE

A silhouette of a person in a dynamic, expressive pose, possibly a dancer or athlete, with one arm raised high and legs spread wide. The figure is set against a solid light green background. The text is overlaid on the left side of the image.

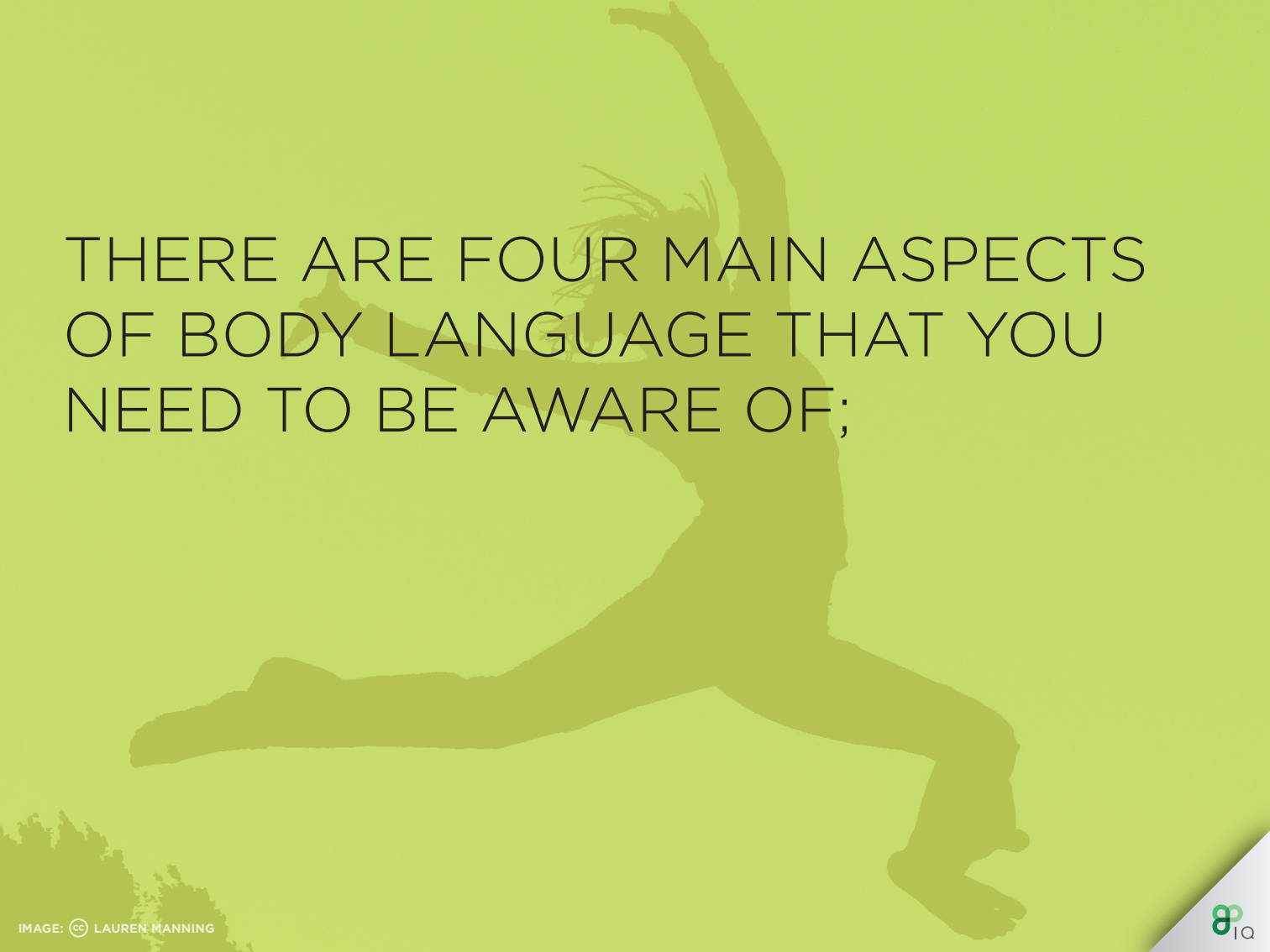
UNDERSTANDING BODY
LANGUAGE IS BENEFICIAL IN THE
WORKPLACE AS UP TO **93% OF**
OUR COMMUNICATION IS
NONVERBAL.

A large, light green silhouette of a person jumping with arms raised, set against a solid green background. The person's hair is flying, suggesting motion. The text "FIRST IMPRESSIONS COUNT!" is centered over the silhouette.

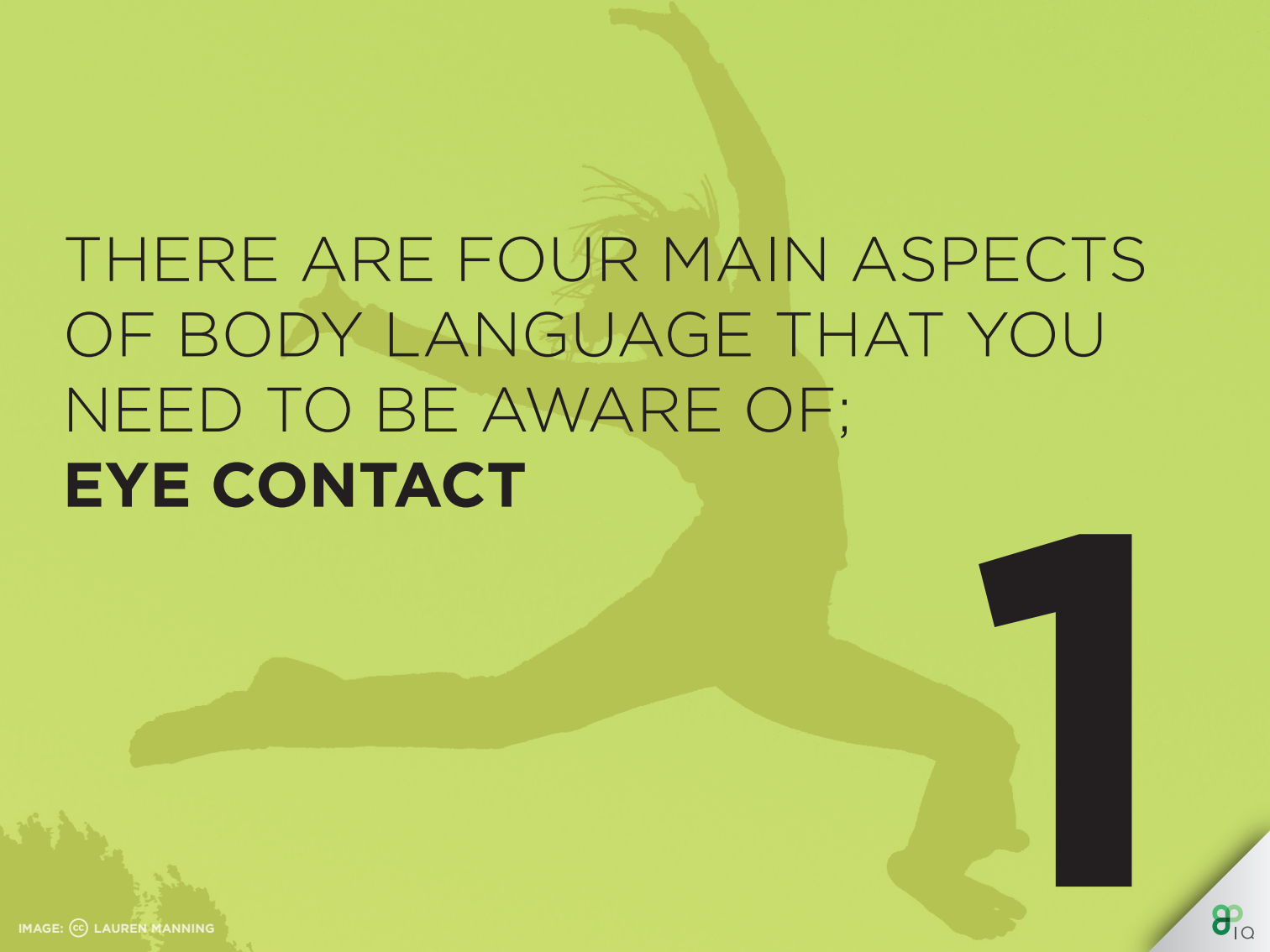
FIRST IMPRESSIONS COUNT!



YOUR BODY LANGUAGE IMPACTS
FIRST IMPRESSIONS BEFORE
YOU'VE EVEN INTRODUCED
YOURSELF. IT REVEALS A LOT
ABOUT YOUR OWN AND OTHER
PEOPLE'S THOUGHTS AND
FEELINGS.



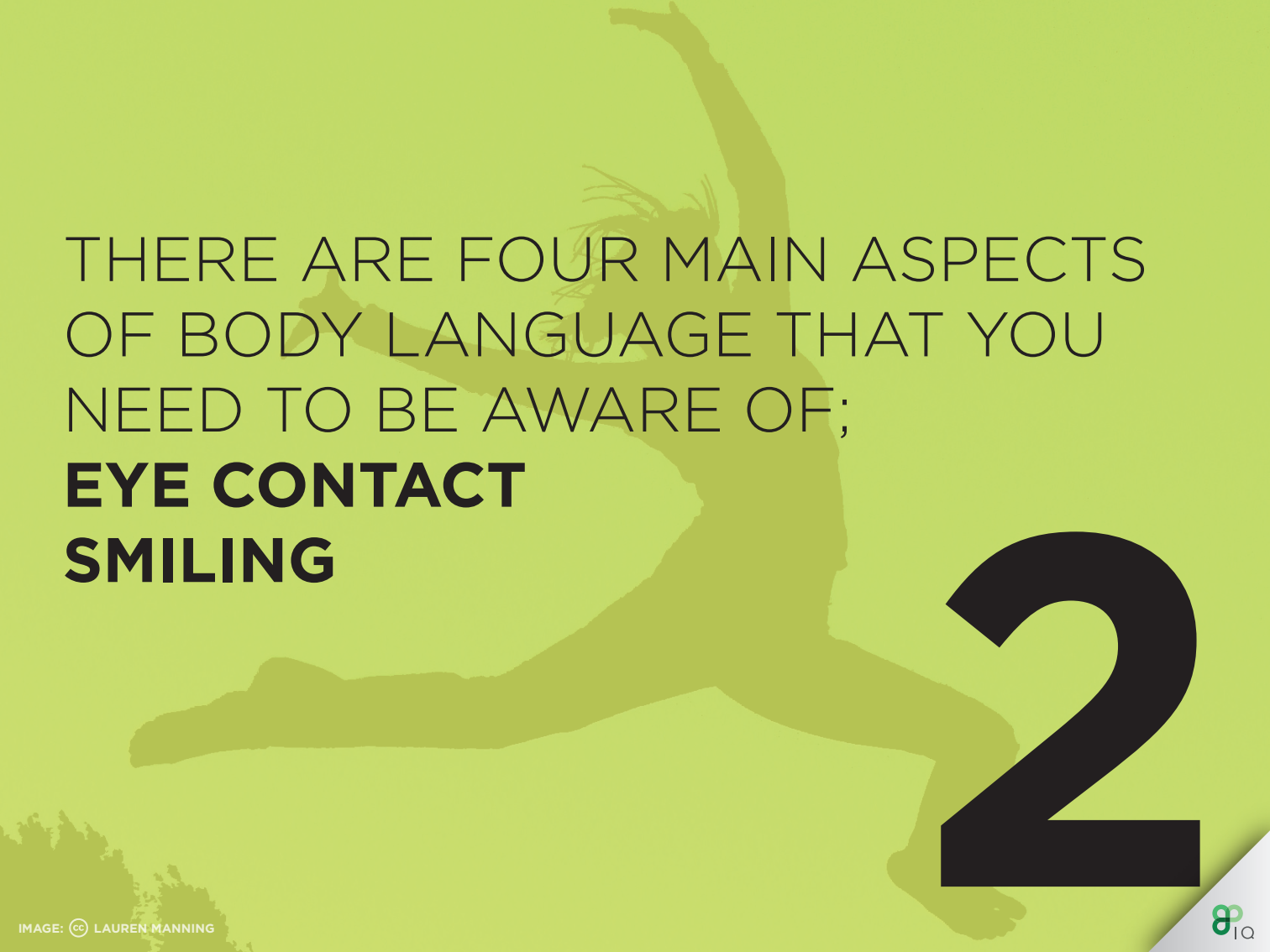
THERE ARE FOUR MAIN ASPECTS
OF BODY LANGUAGE THAT YOU
NEED TO BE AWARE OF;



THERE ARE FOUR MAIN ASPECTS
OF BODY LANGUAGE THAT YOU
NEED TO BE AWARE OF;

EYE CONTACT

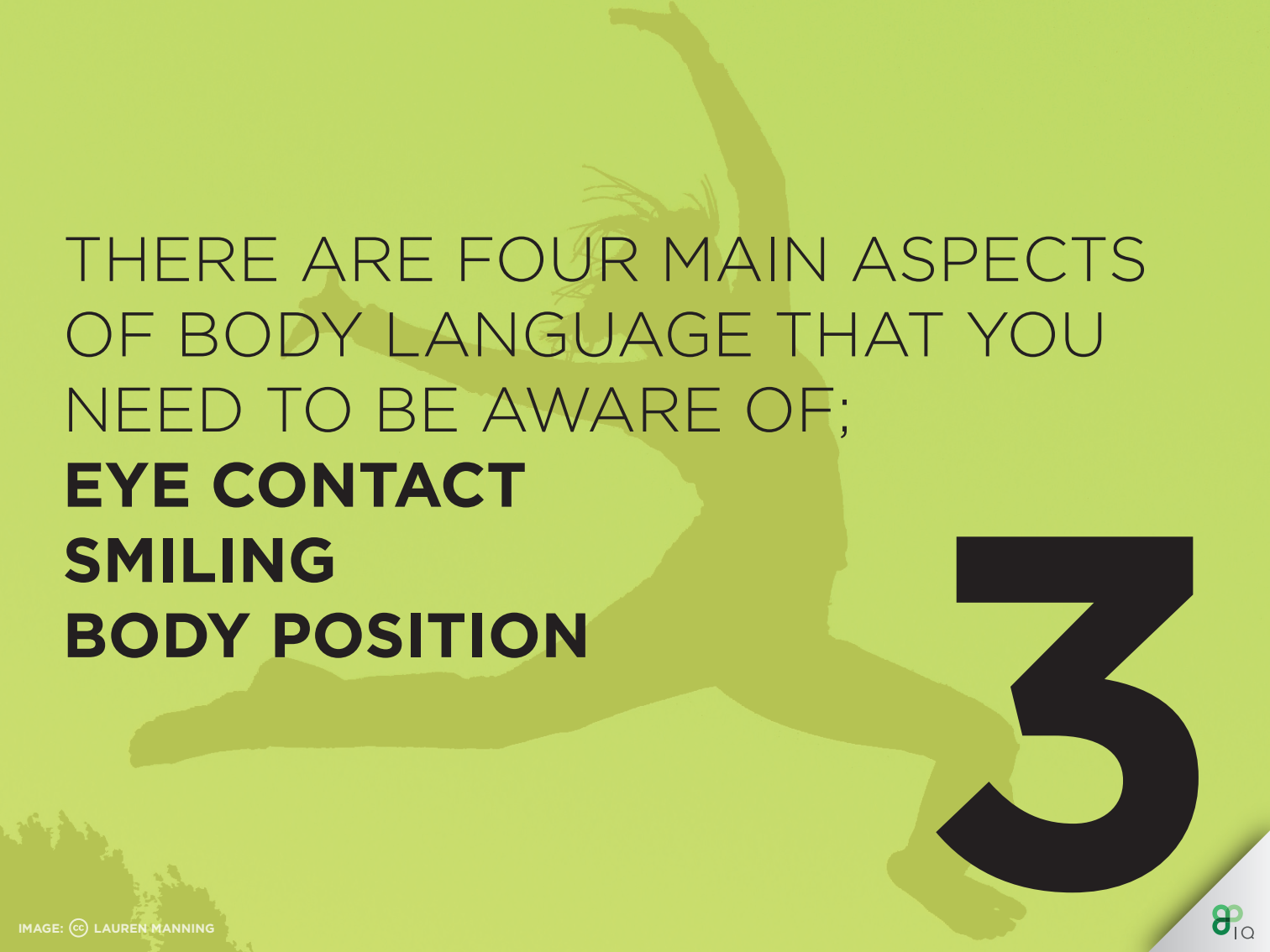
1

A person is shown in a dynamic, athletic pose, possibly a dancer or gymnast, against a solid green background. The person is wearing a dark leotard and has one leg extended upwards and outwards, with their arms also in motion. The overall image has a vibrant, energetic feel.

THERE ARE FOUR MAIN ASPECTS
OF BODY LANGUAGE THAT YOU
NEED TO BE AWARE OF;

EYE CONTACT
SMILING

2



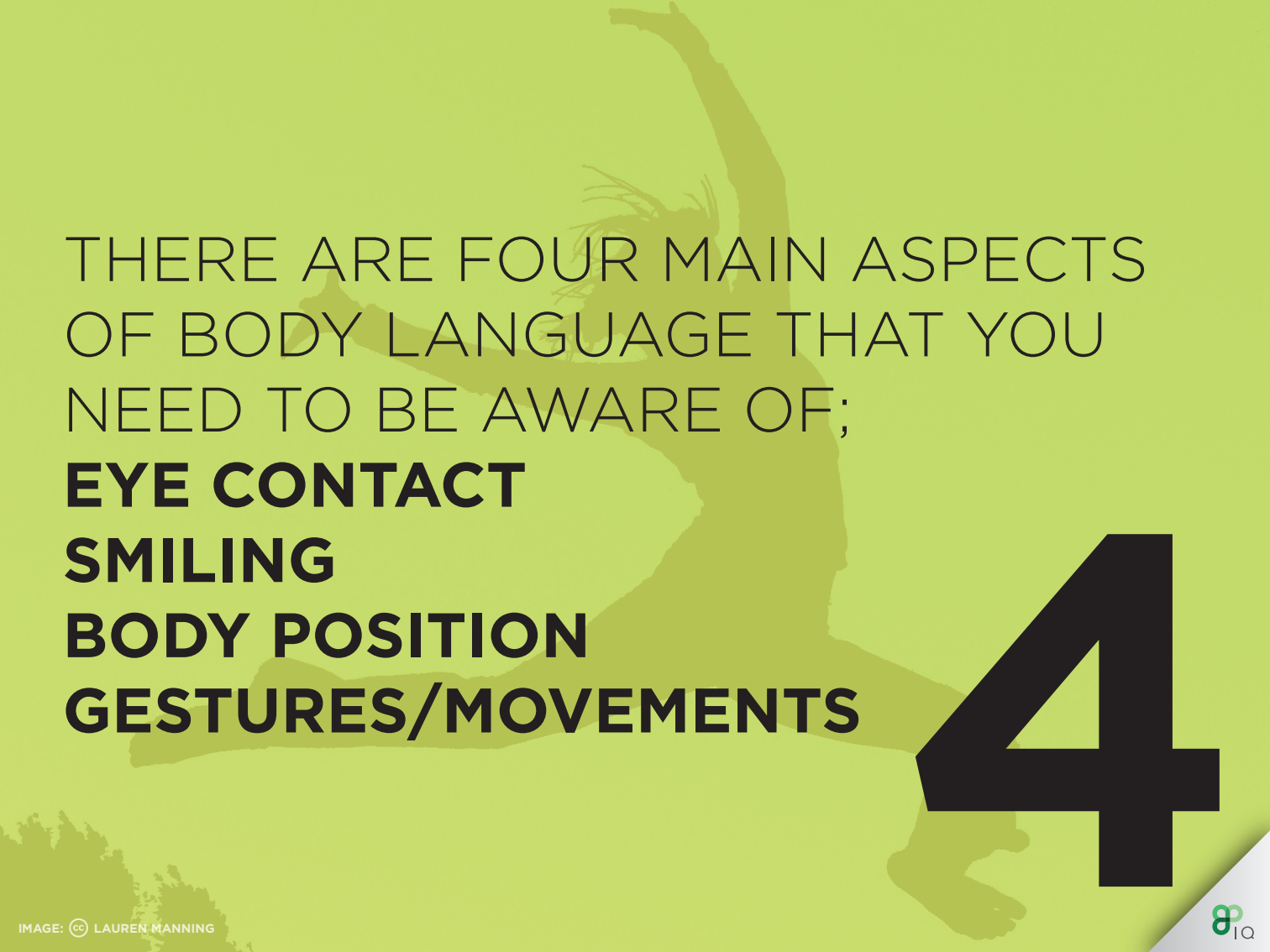
THERE ARE FOUR MAIN ASPECTS
OF BODY LANGUAGE THAT YOU
NEED TO BE AWARE OF;

EYE CONTACT

SMILING

BODY POSITION

3

A person is shown in a dynamic pose, possibly a dancer or athlete, with their arms raised and one leg extended. The background is a solid green color. The person's silhouette is dark, and their hair is flowing. The overall image has a vibrant, energetic feel.

THERE ARE FOUR MAIN ASPECTS
OF BODY LANGUAGE THAT YOU
NEED TO BE AWARE OF;

EYE CONTACT

SMILING

BODY POSITION

GESTURES/MOVEMENTS

4

A person is shown in a dynamic, expressive pose, possibly a dancer or performer, with their arms and legs spread wide in a 'V' shape. The person is wearing a dark top and light-colored pants. The background is a solid light green color. The text is overlaid on the upper left portion of the image.

HERE ARE SOME TIPS ON HOW TO
COMMUNICATE WELL THROUGH
BODY LANGUAGE:

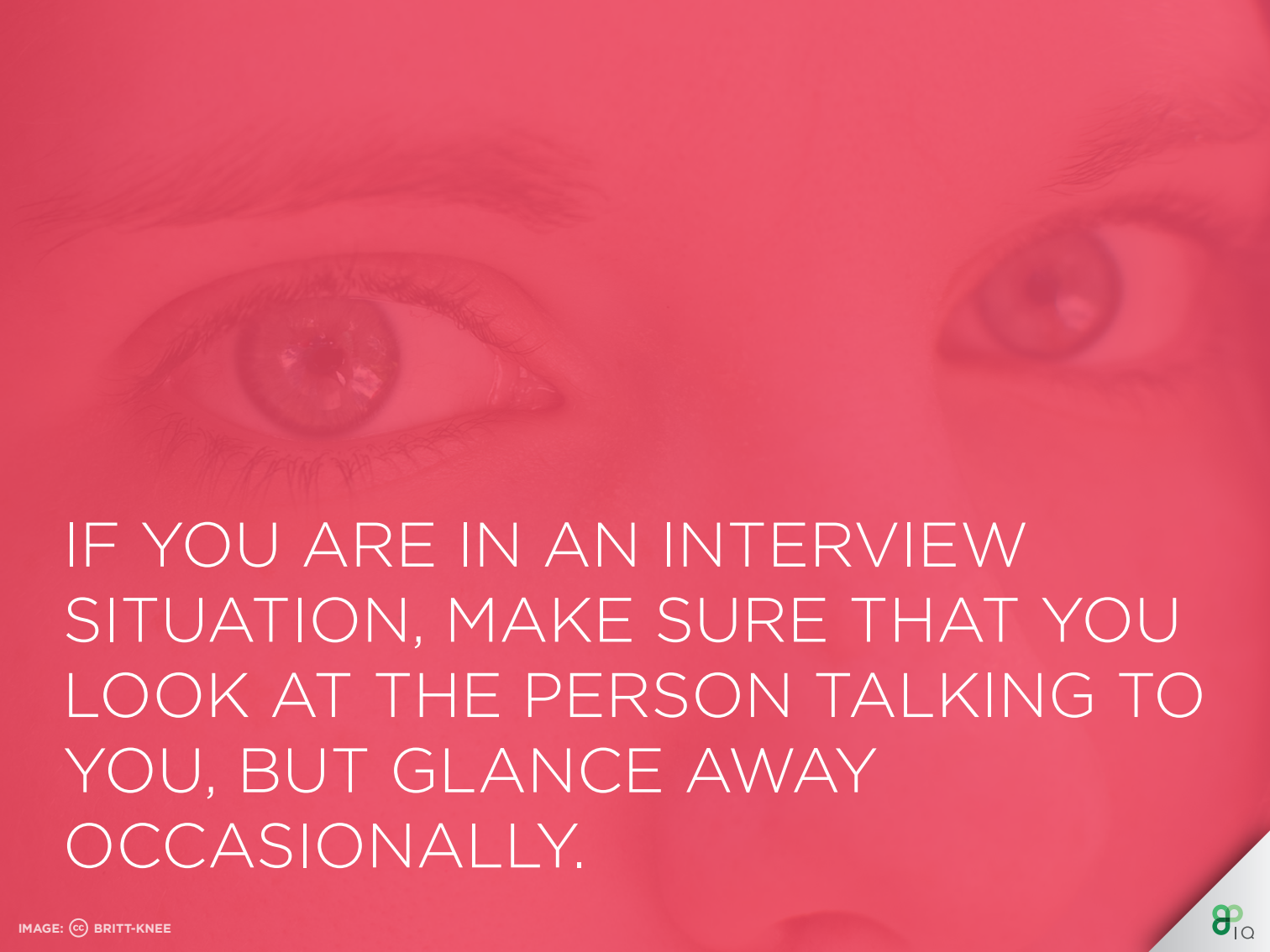
A close-up photograph of a person's eyes, looking directly at the camera. The image is heavily overlaid with a solid red color, which is darker in some areas and lighter in others, creating a dramatic effect. The eyes are the central focus, with the irises and pupils clearly visible through the red tint. The eyelashes are also visible, adding to the detail of the gaze.

1

EYE CONTACT

A close-up photograph of a person's eyes, looking directly at the camera. The image is heavily overlaid with a semi-transparent red filter, which is darker in some areas and lighter in others, creating a dramatic effect. The eyes are light-colored, and the eyelashes are visible. The overall composition is centered, with the eyes occupying most of the frame.

**DIFFERENT SITUATIONS REQUIRE
DIFFERENT LEVELS OF EYE
CONTACT.**

A close-up photograph of a person's eyes, looking directly at the camera. The image is heavily overlaid with a semi-transparent red filter, which covers the entire frame. The eyes are light-colored and have a focused expression. The text is overlaid on the lower half of the image.

IF YOU ARE IN AN INTERVIEW
SITUATION, MAKE SURE THAT YOU
LOOK AT THE PERSON TALKING TO
YOU, BUT GLANCE AWAY
OCCASIONALLY.

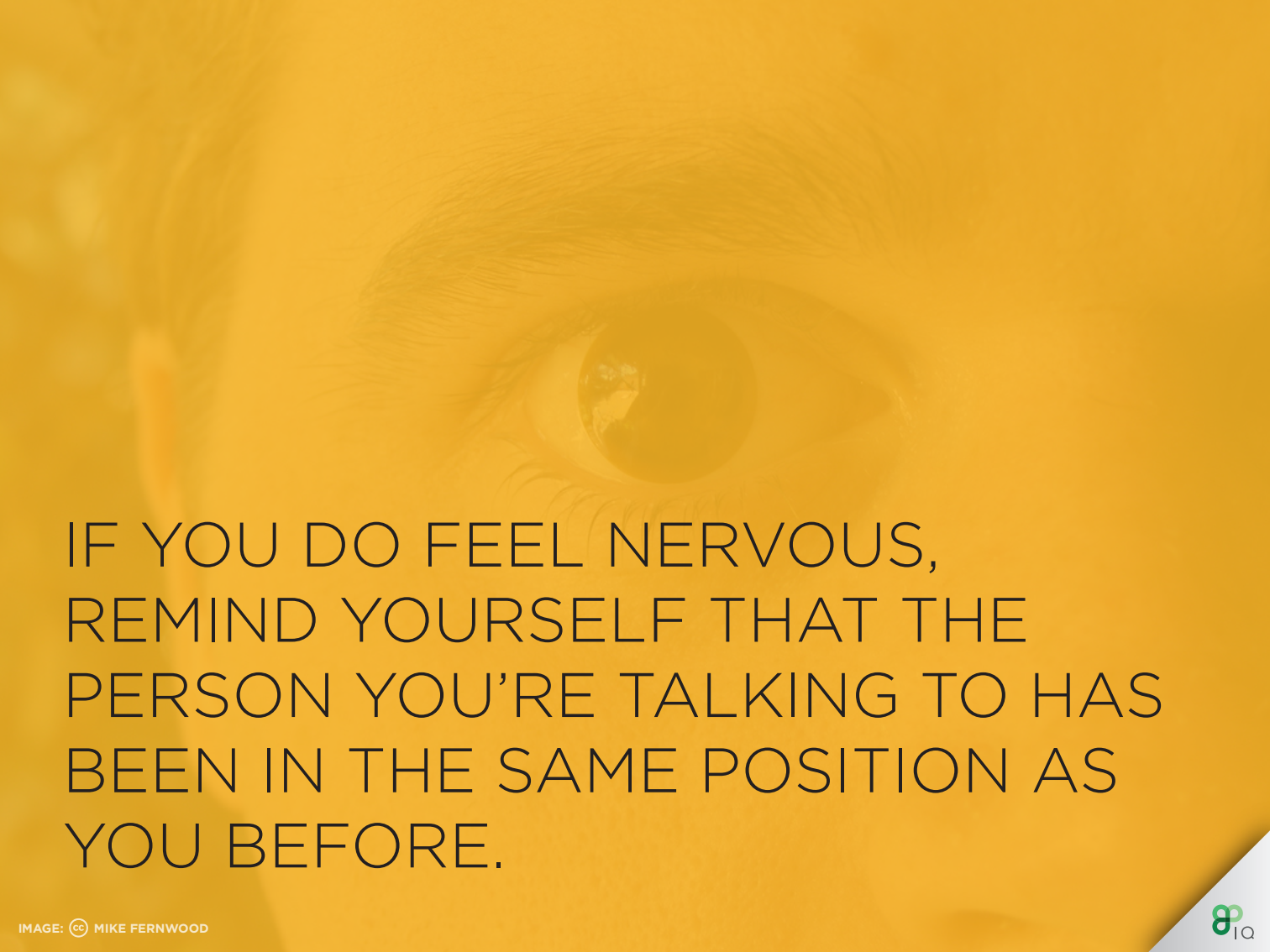
A close-up photograph of a person's eyes, looking directly at the camera. The image is heavily overlaid with a semi-transparent red filter, which covers the entire frame. The eyes are light-colored and appear to be looking straight ahead. The text is centered in the lower half of the image.

THIS WILL SHOW THAT THEY HAVE
YOUR FULL ATTENTION AND YOU
ARE INTERESTED TO HEAR WHAT
THEY HAVE TO SAY.

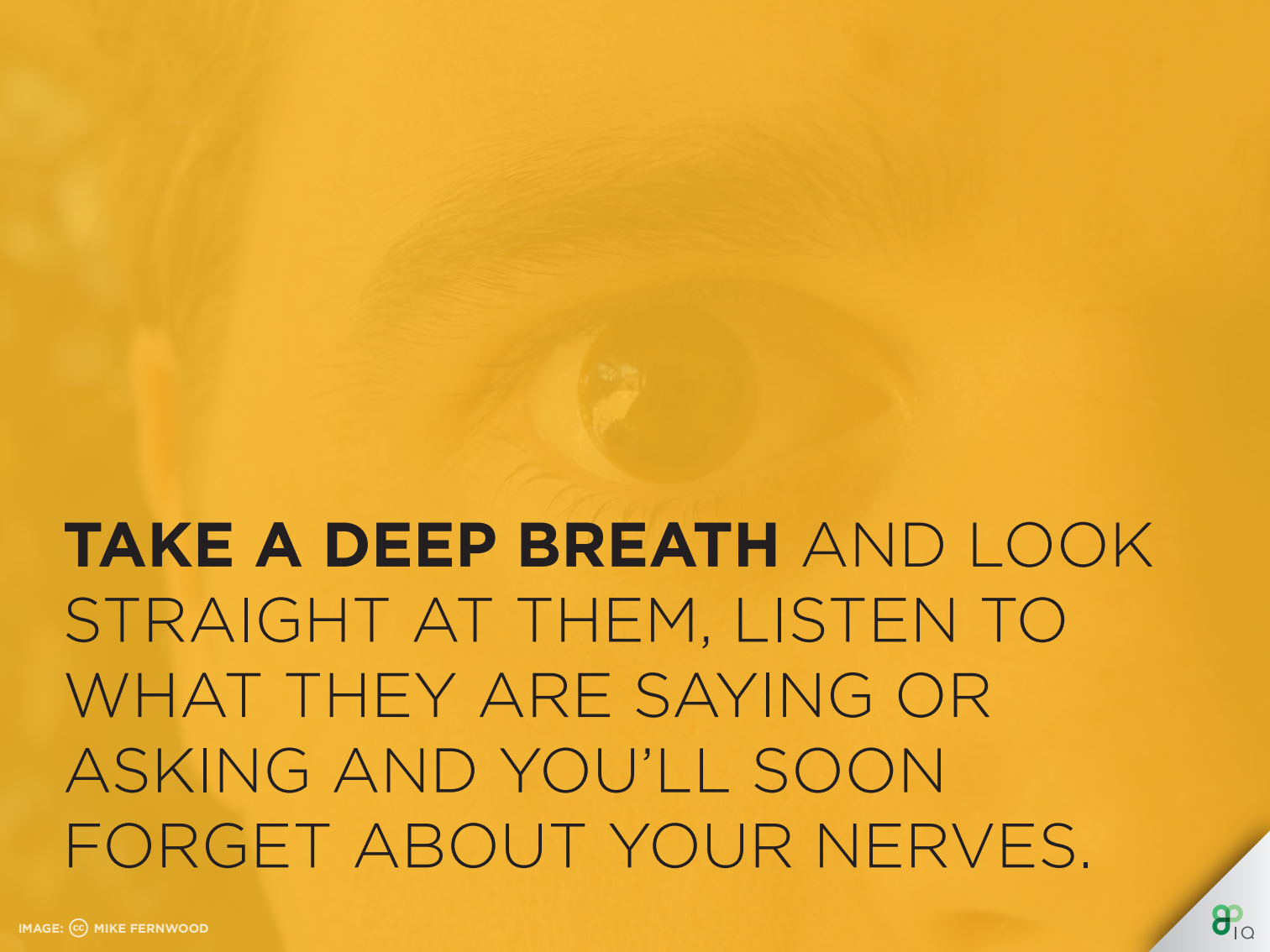
IF YOU FEEL NERVOUS

IF YOU FEEL NERVOUS

DON'T BE TEMPTED TO LOOK TO THE SIDE OR THE GROUND FOR PROLONGED PERIODS OF TIME, AS THIS IS A TELL TALE SIGN OF BEING NERVOUS.



IF YOU DO FEEL NERVOUS,
REMINDE YOURSELF THAT THE
PERSON YOU'RE TALKING TO HAS
BEEN IN THE SAME POSITION AS
YOU BEFORE.



TAKE A DEEP BREATH AND LOOK
STRAIGHT AT THEM, LISTEN TO
WHAT THEY ARE SAYING OR
ASKING AND YOU'LL SOON
FORGET ABOUT YOUR NERVES.

2

SMILING

SMILING REVEALS A LOT ABOUT A PERSON.



IF YOU WANT TO LOOK FRIENDLY
AND GENUINE IT IS IMPORTANT TO
MAKE SURE THAT WHEN YOU
SMILE YOU “SMILE WITH YOUR
EYES”.

THIS MEANS THAT YOUR EYES
WILL CRINKLE SLIGHTLY WHEN
YOU SMILE...



THIS IS WHAT HAPPENS DURING A
GENUINE SMILE. PRACTISE IN THE
MIRROR AND YOU WILL SEE THAT
YOUR WHOLE FACE LIFTS.

THIS IS WHAT HAPPENS DURING A GENUINE SMILE. PRACTISE IN THE MIRROR AND YOU WILL SEE THAT YOUR WHOLE FACE LIFTS.

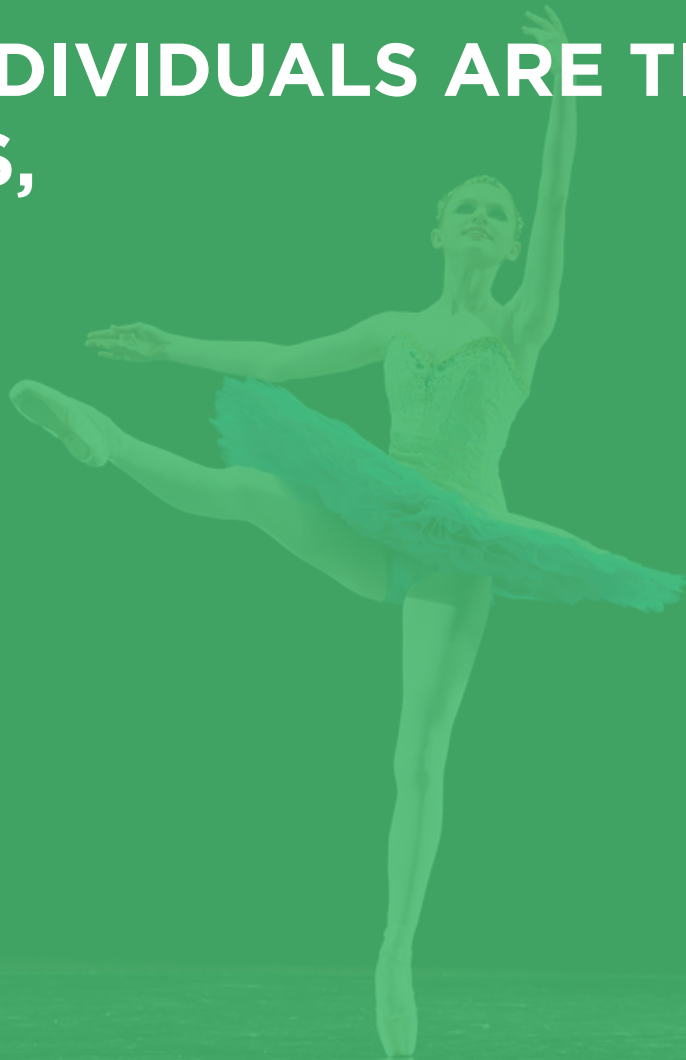
SMILING WITH YOUR MOUTH TIGHTLY SHUT WON'T COME ACROSS AS GENUINE, SO TRY TO AVOID THIS.

3



BODY POSITION

WHEN INDIVIDUALS ARE TIMID OR NERVOUS,

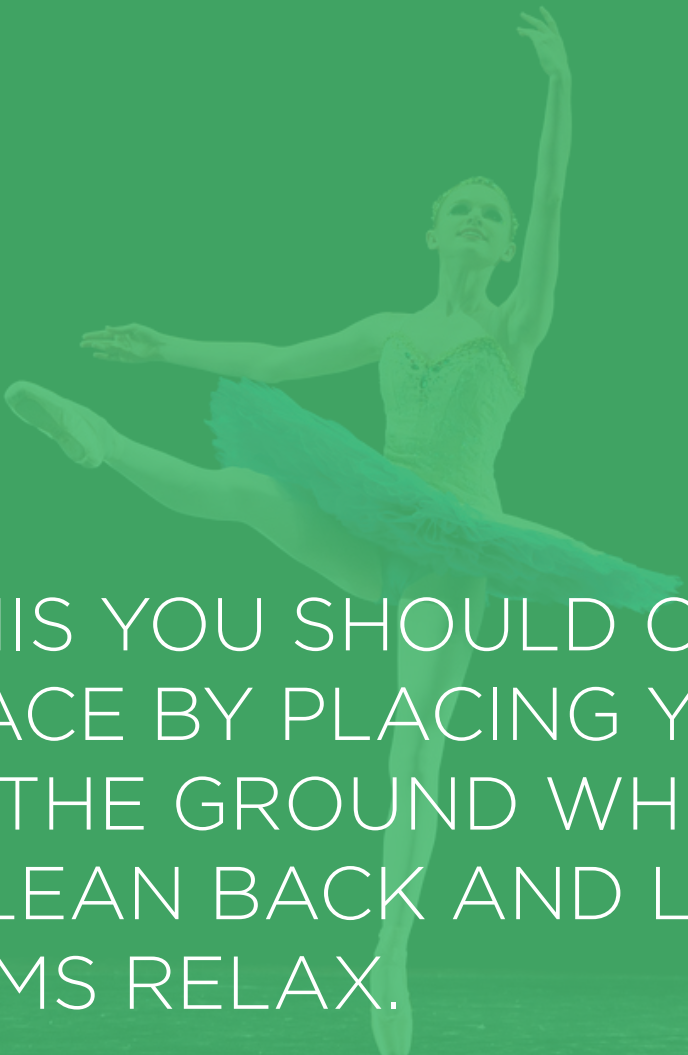


WHEN INDIVIDUALS ARE TIMID OR NERVOUS,

THEY TEND TO MAKE THEMSELVES
LOOK SMALL BY TUCKING THEIR
FEET UNDER THEIR CHAIR AND
KEEPING THEIR ARMS CLOSE TO
THEIR BODIES.

IN A SOCIAL ENVIRONMENT IT IS
IMPORTANT TO APPEAR
CONFIDENT AND ORGANISED.





TO DO THIS YOU SHOULD CLAIM
YOUR SPACE BY PLACING YOUR
FEET ON THE GROUND WHEN
SEATED, LEAN BACK AND LET
YOUR ARMS RELAX.

**THE MORE COMFORTABLE YOU
LOOK, THE MORE COMFORTABLE
YOU'LL FEEL...**



**THE MORE COMFORTABLE YOU
LOOK, THE MORE COMFORTABLE
YOU'LL FEEL...**



BUT DON'T BE TOO LAID BACK...

**...CLOSED ARMS MEAN THAT YOU
ARE CLOSING THE WORLD OFF
AND PROTECTING YOURSELF.**

HOWEVER, IT CAN ALSO MEAN
THAT YOU ARE PHYSICALLY
CHOOSING TO BLOCK YOURSELF
FROM THE OTHER PERSON AND
NOT OPENLY LISTEN TO WHAT
THEY ARE SAYING.



**HAVING OPEN AND RELAXED ARMS
SHOWS THAT YOU ARE CONFIDENT
AND IS INVITING FOR PEOPLE.**

A background image of two hands shaking in a firm grip, overlaid with a semi-transparent purple filter. The hands are wearing dark pinstriped suit sleeves.

4

GESTURES/ MOVEMENTS

**GESTURES SUCH AS HANDSHAKES
CAN CONVEY A NUMBER OF
EMOTIONS DEPENDING ON HOW
THEY ARE CARRIED OUT.**

THIS IS IMPORTANT TO
UNDERSTAND BECAUSE IT COULD
BE THE FIRST IMPRESSION THAT
WILL STICK IN SOMEONE'S MIND.

A close-up photograph of two hands shaking in a firm, equal, and vertical handshake. The hands are positioned centrally, with fingers interlaced and thumbs pointing upwards. The background is a solid purple color, and the image is overlaid with a semi-transparent purple filter. The text is written in white, uppercase letters, centered over the image.

THIS IS IMPORTANT TO
UNDERSTAND BECAUSE IT COULD
BE THE FIRST IMPRESSION THAT
WILL STICK IN SOMEONE'S MIND.

IN MOST CASES IT IS BEST TO
HAVE AN EQUAL AND VERTICAL
HANDSHAKE AS THIS WILL MAKE
YOU APPEAR RELAXED AND
NON-THREATENING.

A close-up photograph of two hands shaking in a firm, equal handshake. The hands are positioned vertically, with fingers interlaced. The background is a solid purple color. The text is overlaid on the image in white, sans-serif capital letters.

THIS IS IMPORTANT TO
UNDERSTAND BECAUSE IT COULD
BE THE FIRST IMPRESSION THAT
WILL STICK IN SOMEONE'S MIND.

IN MOST CASES IT IS BEST TO
HAVE AN **EQUAL** AND VERTICAL
HANDSHAKE AS THIS WILL MAKE
YOU APPEAR RELAXED AND
NON-THREATENING.

A close-up photograph of two hands shaking in a firm, equal handshake. The hands are positioned palm-to-palm, with fingers interlaced. The background is a solid purple color. The text is overlaid on the image in white, sans-serif font.

THIS IS IMPORTANT TO
UNDERSTAND BECAUSE IT COULD
BE THE FIRST IMPRESSION THAT
WILL STICK IN SOMEONE'S MIND.

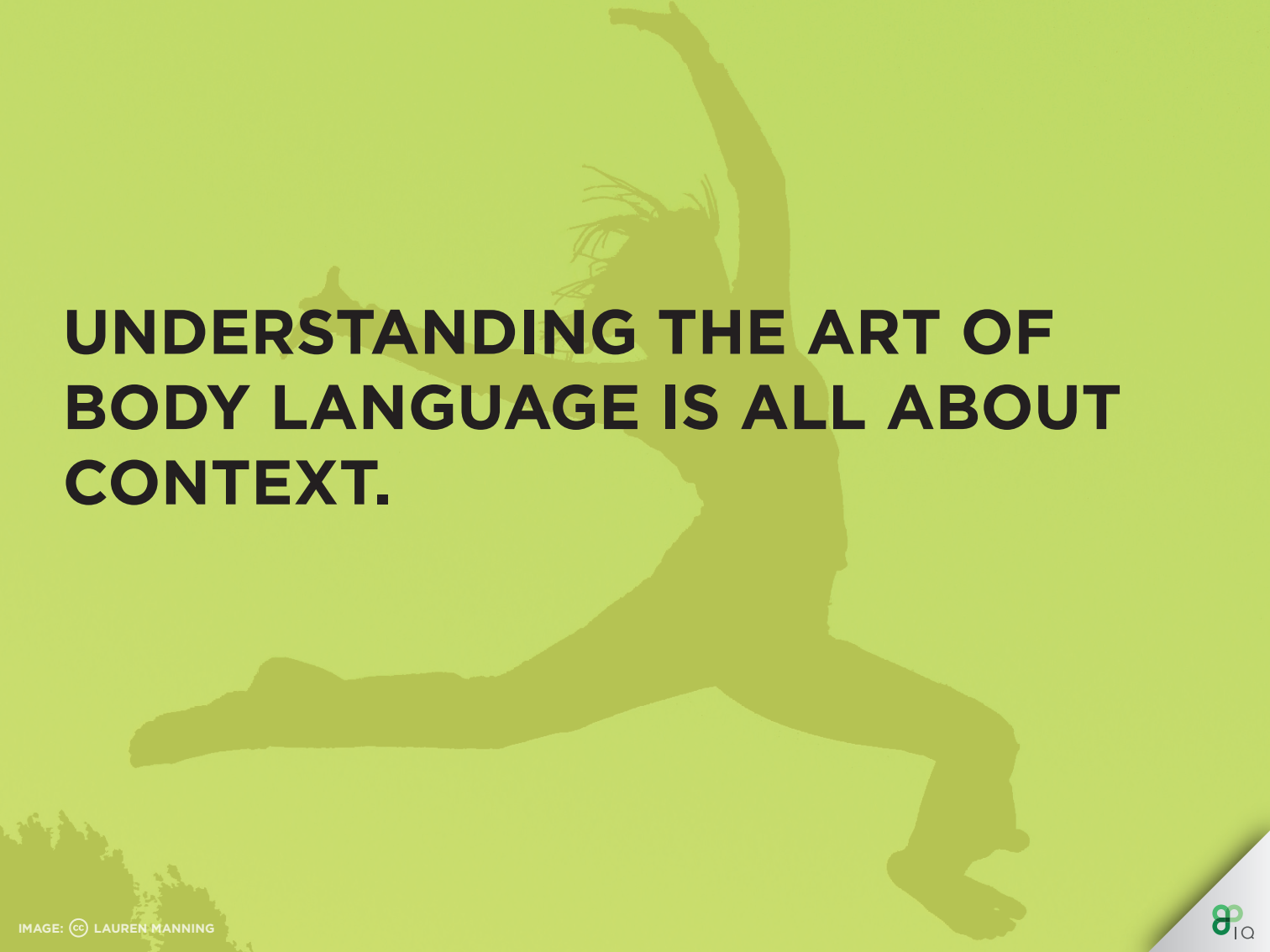
IN MOST CASES IT IS BEST TO
HAVE AN **EQUAL** AND **VERTICAL**
HANDSHAKE AS THIS WILL MAKE
YOU APPEAR RELAXED AND
NON-THREATENING.

**TRY TO AVOID FACING YOUR PALM
DOWN AS THIS IS A DOMINANT
SIGN.**

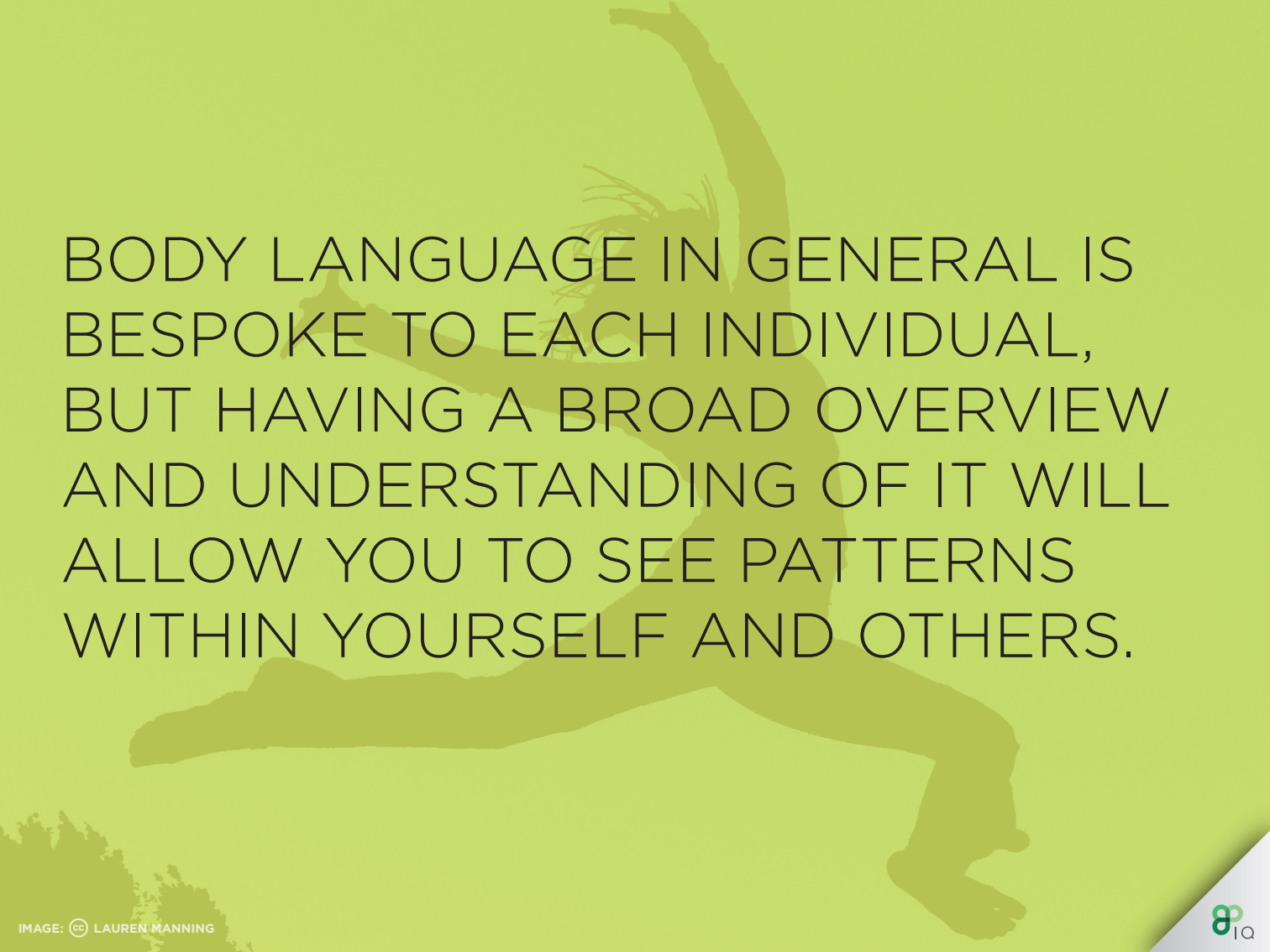


TRY TO AVOID FACING YOUR PALM DOWN AS THIS IS A DOMINANT SIGN.


FACING YOUR PALM UPWARDS WILL APPEAR SUBMISSIVE; BOTH OF THESE TYPES OF HANDSHAKES SHOULD BE AVOIDED, ESPECIALLY IN A WORKING ENVIRONMENT.



**UNDERSTANDING THE ART OF
BODY LANGUAGE IS ALL ABOUT
CONTEXT.**



BODY LANGUAGE IN GENERAL IS
BESPOKE TO EACH INDIVIDUAL,
BUT HAVING A BROAD OVERVIEW
AND UNDERSTANDING OF IT WILL
ALLOW YOU TO SEE PATTERNS
WITHIN YOURSELF AND OTHERS.

A person is shown in a dynamic, athletic pose, possibly performing a backflip or a similar movement. They are wearing a dark top and light-colored pants. The background is a solid, vibrant green. The person's arms are extended upwards, and their legs are spread wide, creating a sense of motion and energy.

**ULTIMATELY, REMAIN RELAXED
AND DO WHAT FEELS RIGHT FOR
YOU.** EVEN THOUGH THE WORK
PLACE IS PROFESSIONAL, YOU
ARE JUST TALKING TO OTHER
PEOPLE LIKE YOURSELF.

FOR MORE TIPS ON
PROFESSIONAL DEVELOPMENT
AND TO SEE ALL OF OUR LATEST
OPPORTUNITIES, **CONNECT WITH
THE INTERQUEST GROUP**

