

REGENT

HONG KONG

Body Language Tips For First Impression 透過肢體語言技巧建立第一印象

DO's:

- Make eye contact
- Have an open gaze
- Smile naturally
- Laugh openly & appropriately
- Keep your neck open
- Keep arms by your sides
- Show open palms
- Use natural hand gestures
- Stand up straight with good posture
- Stand with your feet apart
- Keep feet pointed towards the person



DON'Ts:

- Don't blink too much
- Don't stare
- Don't wear sunglasses
- Don't drop your head
- Don't cover your neck
- Don't slump
- Don't cross your arms while talking
- Don't put hands in pocket
- Don't have a dominant posture
- Don't fidget, bite your nails or tap your foot
- Don't put your feet together

