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# Power Pose Your Way to Confidence

By Beth Euler

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"The CEO"  
*dominance*

"The Performer"  
*power & pride*

"The Boss"  
*intimidation*

"Wonder Woman"  
*confidence*

# POWER POSES

35

(Krempa, "Power Poses")





(Krempa, "Equation Graphic")





(Krempa, "Victory")

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# Take Action!

- ❖ Find *YOUR* Power Pose
  - ❖ Practice using your Power Pose
    - Once a week
    - Hold for 2 minutes
    - Record results
  - ❖ Increase frequency
    - Utilize daily
    - Any occasion requiring confidence
  - ❖ TRIUMPH over nerves and anxiety!
  - ❖ POWER your way to CONFIDENCE!
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