Amy Cuddy – body language

Anita Lewicka - author of EFL activities on "Body Language" - lesson plan - see: Friendly Lingua blog post
Comment on the following:

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Comment on the following:

- 55% (body movements, face, arms...)
- 38% (Voice tone, modulation, pauses...)
- 7% (words)

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TED Talk – Amy Cuddy:

Amy Cuddy’s research on body language reveals that we can change other people’s perceptions — and even our own body chemistry — simply by changing body positions.

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TED Talk – Amy Cuddy:

Amy Cuddy wasn’t supposed to become a SUCCESS SCIENCE. She wasn’t even meant to finish her GRADE studies. The woman suffered a horrible head INJURE in a car accident when she was 19 and doctors said she would have to struggle to GAIN her mental capacity.
TED Talk – Amy Cuddy:

Today, a professor and SEARCH behaviour, she teaches at Harvard Business School. Her interests combine VERB behaviour and snap JUDGE. Her fascinating research on power posing tells us a lot about body POSE.
Amy Cuddy – tapescript vocabulary:

NOUN PHRASES AND COLLOCATIONS:
1. CONTEMPTUOUS GLANCE
2. AWKWARD WINK
3. NONVERBAL BEHAVIOUR / EXPRESSION
4. DOMINANCE HORMONE (TESTOSTERONE)
5. STRESS HORMONE (CORTISOL)
6. PRIMATE HIERARCHIES

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NOUN PHRASES AND COLLOCATIONS:

7. HIGH- AND LOW-POWER POSES
8. WHOOPING SIGNIFICANT DIFFERENCE
9. WITH NO RESIDUE OVER SB
10. FEEL LIKE AN IMPOSTOR
11. TINY TWEAKS
Amy Cuddy – tapescript vocabulary:

VERB PHRASES:
1. CHANGE ONE’S POSTURE
2. HUNCH
3. TWEAK
4. MAKE SWEEPING JUDGEMENTS FROMS
5. USE STH POORLY
6. BE CONGENITALLY BLIND

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Amy Cuddy – tapescript vocabulary:

VERB PHRASES:
7. EXHIBIT EMOTIONS
8. COUNT FOR HALF THE GRADE
9. BE ATTRIBUTABLE TO STH
10. FAKE STH
11. TO BE HECKLED
12. TO BE BLIND TO STH
13. TO RESONATE WITH STH
14. TO TAKE A GAMBLE ON SB
Amy Cuddy – comprehension qs and discussion:

“If you feel like you shouldn’t be somewhere: Fake it. Do it not until you make it—but until you become it.”

– AMY CUDDY

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Amy Cuddy –comprehension qs and discussion:

1. What do the images of the famous people from the presentation indicate?
2. Why is body language important in our lives, according to Amy Cuddy?
3. What are, generally speaking, nonverbals?
4. The arms open in a V – what sign is it?
5. She teaches MBA students. How does she characterize them? What do their nonverbals reflect?
Amy Cuddy – comprehension qs and discussion:

6. When are high- and low-power poses significantly important?
7. Her own experience: how did it affect her professional life?
8. What’s her teaching experience like? What does it reflect?
9. What’s her advice to the audience?
10. Fake, make, become – how do the words sound in the sentence she uses? What’s the meaning of the sentence?
Amy Cuddy – further discussion:

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Amy Cuddy – further discussion:

iPhone Body Language

- Brain cells dying from playing too much Doodle Jump
- Hunched back from checking Facebook status updates all day
- Glazed eyes, drooling mouth
- Left hand developing arthritis from texting too much
- Crossed arm blocks off the world and provides support for the other arm
- Arm propped upright to support the mighty iPhone

endlessorigami.blogspot.com

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Thank you for your participation!

Anita Lewicka – Friendly Lingua
References:

- Amy Cuddy talk:  
  https://www.ted.com/talks/amy_cuddy_your_body_language_shapes_who_you_are  
  D.O.A. 31 May 2015

- Pictures and diagrams:  
  Amy Cuddy:  
  https://m1.behance.net/rendition/modules/71654549/disp/f275adb5dc7278bcd4bc3052b6c89544.jpg  
  It’s what you don’t say that counts:  
  https://pbs.twimg.com/media/BmzFLpfIEAESL7O.jpg:large  
  Say it with body language:  
References:

Pie chart:
https://the16percent.files.wordpress.com/2013/06/body-language-chart.png

Amy Cuddy’s research:

Amy Cuddy’s words:
https://focuspocusnow.files.wordpress.com/2013/03/amy-cuddy-power-pose.jpg

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References:

High-power and low-power:
https://www.salesforce.com/content/dam/blogs/legacy/2013/04/6a00e54ee3905b8833017d42ec21d6970.jpg/_jcr_content/renditions/800wi.jpg

iPhone body language:
http://1.bp.blogspot.com/_0UK2c7vc80s/TOLy1pilrOI/AAAAAAAAAQ4/JerqBkm6vA/s1600/iphone_body_language.png

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