

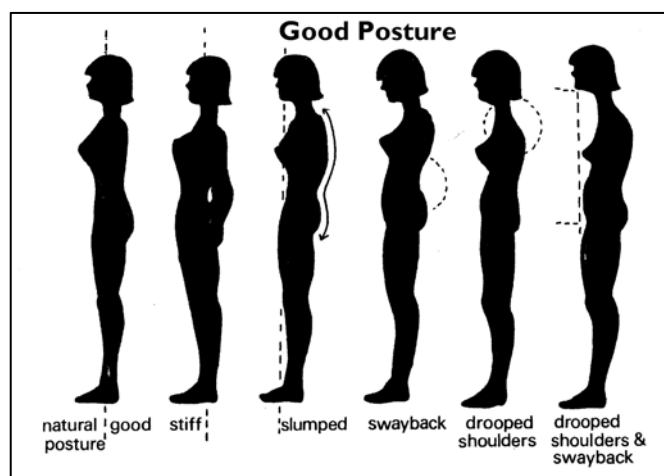
## ADDING POISE FOR PRESENCE

The way you carry yourself can be interpreted as a clue to the way you feel about yourself. Posture and poise are non-verbal elements that can make or break your image instantly.

Shoulders set forward	<i>Feeling heavy responsibility (carrying a heavy load)</i>
Rounded back	<i>Unsupported</i>
Sway back	<i>Compensating</i>

### Posture

- Ears should line up with center of the shoulder bone
- Pull the head up from behind
- Shoulders are straight
- Arms should fall gently at your side
- Chest and ribcage should be up
- Tummy and Derriere are tucked in
- Weight should be distributed evenly on the feet



### Test Your Posture

To determine how good your posture is:

1. Cut a piece of string to a length a little longer than you are tall.
2. Attach something heavy like an eraser to the end of the string.
3. Tape the other end of the string to the top of a full length mirror.
4. Stand sideways to the mirror aligning your body with the string. The string should line up with the body at the following points: the center of the ear lobe, the shoulder bone, the hip bone and slightly in front of the ankle bone.

#### *Did You Know?*

*Integrity is doing the right thing when nobody is watching. ~ Jim Stovall*