

TED talk - Amy Cuddy: **Your body language shapes who you are**

1. Some nonverbals are common to humans and animals.
2. Athletes who were born blind will not use the same body language as Usain Bolt.
3. Participation grades can be influenced by your body language.
4. Nonverbals can influence our self-esteem.
5. In the animal kingdom, good leaders have low testosterone levels and high cortisol levels.
6. Adopting a high power pose can make you take more risks.
7. Adopting a low power pose lowers your testosterone levels.
8. Adopting a high power pose lowers your cortisol levels.
9. It would be a bad idea to adopt a power pose for an oral presentation in English.
10. The media did not understand Amy Cuddy's research.
11. Amy Cuddy advises adopting a high power pose during an interview.
12. Speaking to an audience that does not react makes people stressed.
13. Amy Cuddy suffered a traumatic car accident when she was a teenager.
14. It positively influenced her academic performance.
15. She graduated before other students of her age.
16. Amy now teaches at a university.
17. Amy can identify with students who are shy about participating in class.
18. According to Amy, pretending to be good doesn't make you good.
19. Amy's final advice is to try power posing and tell others about it.
20. Amy's tips could help students preparing an oral presentation.

