

POWER POSING

Amy Cuddy: You body language may shape who you are. TED talks [online], [dostęp 10 stycznia, 2022], dostępny w Internecie:

https://www.ted.com/talks/amy_cuddy_your_body_language_may_shape_who_you_are

I Match the words with translations

- | | |
|-------------------|-------------------------|
| 1. life hack | a) nieunikniony |
| 2. awkward | b) próbka śliny |
| 3. outcome | c) oszust |
| 4. inevitable | d) rada |
| 5. expand | e) zwiększać, poszerzać |
| 6. fake | f) hazard, |
| 7. saliva sample | g) niezręczny |
| 8. imposter/fraud | h) pokonany |
| 9. gamble | I) udawać |
| 10. defeated | j) wynik, rezultat |

II Draw 2 pictures or mime/show those body postures/gestures.

hunch cross one's legs wrap ankles hold onto sb's arms
glance wink

III Answer the questions.

1. What is one of the areas of interest of social scientists? What do they examine?
2. What is the speaker's occupation?
3. What are powerful people like?
4. What did the researchers tell the participants of the experiment to do?
5. What were the results of the experiments with a job interview? Who did the bosses want to hire?

IV Mark the sentences TRUE or FALSE.

1. Researchers are generally able to predict who will win political elections based on somebody's body language.
2. Blind people express their pride and joy when they win in a different way than people who can see.
3. At the speaker's university male students tend to get lower grades than female students.
4. You can trick your brain into feeling certain emotions until you feel them.

5. A good leader should have low testosterone and high cortisol level.

6. Our minds can change our behaviour.

7. The speaker tells a story from her own life experience which serves as an example to support the motto: *Fake it till you make it.*

V Stand up in a powerful position for 2 minutes.

How does it make you feel? Do you think it could really help you?



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