

# Esquire

HOW TO

## JUDGE A MAN BY HIS POSTURE

Advice from *Elizabeth Kuhnke*, personal impact coach and body language expert

### CROSSED LEGS

This can look comfortable and relaxed, and sends out a message that the man is calm and in control of his environment. This is the position of a self-assured person.

### FEET TOGETHER, HANDS IN LAP

This look says "I'm uncomfortable and I'm protecting my most vulnerable self". Keeping one's legs closed *as well as* hands in your lap is a way of containing nervous energy and defending yourself. Problem is, that's what it looks like, too.

### FOOT OVER KNEE

Cool, laid-back, and casual, this is the pose of a man who's demonstrating that he's undisturbed and stress-free.

### OPEN LEGS

Draws the viewer's attention to that person's core, and focuses the eye to their "manhood". This position can be perceived as arrogant and confrontational with its direct access to the man's source of power.

### FINALLY, THE PERFECT POSTURE FOR YOU

Keep your hands at waist level or folded in your lap. Connect your buttocks with the chair, with your weight evenly distributed between each cheek. To keep your shoulders back and chest upright, envision your shoulder blades meeting at your spinal cord and melting down your back, through your legs and into your feet beneath you.

