

# 12 High Status Body Language Secrets: Body Language Training to Become the Alpha

Body language plays a crucial role in shaping our social interactions and conveying our inner thoughts and feelings. It can reveal our confidence, power, and dominance, or it can betray our insecurities and weaknesses. Mastering the art of body language is essential for anyone who wants to project an aura of high status and achieve success in their personal and professional lives.



**Body Language:12 High Status Body Language Secrets. Body Language Training to Become the Alpha Male And Naturally Attract Women: (Eye Contact Training, Secrets of Body Language, Female Body Language)** by Kurt Young

★★★★★ 5 out of 5

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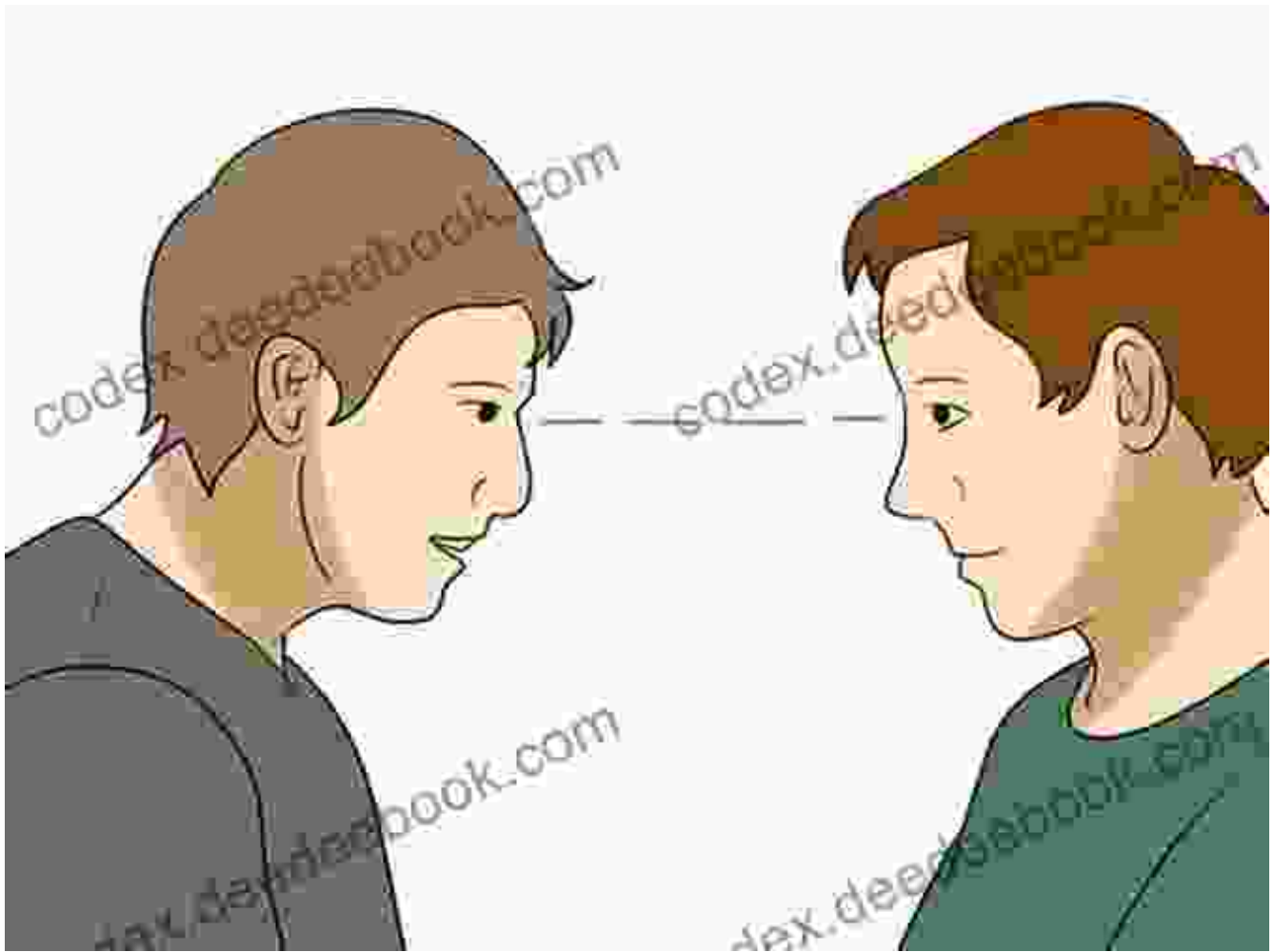


## 1. Maintain Upright Posture



The way you stand or sit can have a profound impact on how others perceive you. Stand tall with your shoulders back and your head held high. Avoid slouching or hunching over, as this can make you appear weak and submissive. An upright posture conveys confidence, authority, and dominance.

## **2. Make Eye Contact**



Eye contact is a powerful tool for establishing rapport and building trust. When you make eye contact with someone, it shows that you are interested in what they have to say and that you respect them. On the other hand, avoiding eye contact can make you appear shy, uncomfortable, or untrustworthy.

### **3. Smile Genuine**



A genuine smile can light up a room and make you appear more approachable and friendly. Smiling can also help to reduce stress and improve your mood. However, it's important to avoid fake or forced smiles, as these can be easily detected and can undermine your credibility.

#### **4. Dress for Success**



The way you dress can send a strong message about your status and authority. Dress professionally and appropriately for the occasion. Avoid wearing clothes that are too revealing or casual, as this can make you appear unprofessional and unworthy of respect.

## **5. Use Open Gestures**



Open gestures, such as open palms and uncrossed arms, convey confidence and approachability. Avoid closed gestures, such as crossed arms or clenched fists, as these can make you appear defensive or hostile.

## **6. Mirror Others**



Mirroring others' body language is a subtle but powerful way to build rapport and trust. When you mirror someone's body language, you are subconsciously communicating that you are on the same wavelength and that you understand them.

## **7. Stand Closer**



Standing closer to someone can convey confidence and dominance. However, it's important to be mindful of personal space and to avoid invading someone's personal bubble. Stand close enough to show that you are interested in what they have to say, but not so close that you make them feel uncomfortable.

## 8. Touch Strategically





Touch can be a powerful tool for building rapport and creating connection. However, it's important to use touch strategically and to avoid making anyone feel uncomfortable. Use light, non-sexual touches, such as a handshake or a pat on the shoulder.

## **9. Speak Slowly and Clearly**



The way you speak can have a significant impact on how others perceive you. Speak slowly and clearly, and enunciate your words carefully. Avoid speaking too quickly or too softly, as this can make you appear rushed or unsure of yourself.

## **10. Be Present**



When you are present, you are fully engaged in the moment and attentive to the people around you. Avoid distractions, such as checking your phone or looking around the room. Make eye contact with the person you are talking to and listen attentively to what they have to say.

## **11. Stand Your Ground**



There may be times when you need to stand your ground and defend your position. When you do so, it's important to remain calm and confident. Avoid getting defensive or aggressive, as this will only make you appear weak. Stand tall, make eye contact, and speak slowly and clearly.

## **12. Walk with Purpose**



The way you walk can also reveal your status and authority. Walk with purpose and determination, and avoid shuffling or dragging your feet. Stand up tall and take confident steps. Your walk should convey that you are going places and that you are not afraid to take on challenges.

Mastering the art of high-status body language is a powerful tool for achieving success in all areas of your life. By incorporating these 12 body language secrets into your daily interactions, you can project an aura of confidence, dominance, and authority. You will be able to build stronger relationships, advance your career, and live a more fulfilling life.

Remember, body language is a subtle but powerful form of communication. By paying attention to your body language and the body language of

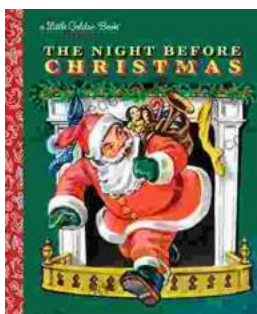
others, you can gain a deeper understanding of human behavior and improve your ability to connect with people on a deeper level.



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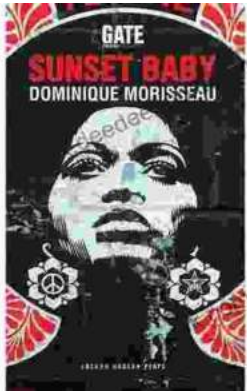
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