

Are you fluent in Body language? – Quiz

1. You can tell a lot about a person by their handshake. The double handshake, (where the person places their second hand on top of yours), is likely to be used by ...

- ☐ Someone who tends to dominate in meetings
- ☐ Someone who is submissive
- ☐ Someone who trusts you and wants you to trust them

2. Eye contact is an important part of communication, and a lack of it can imply deception. To avoid staring at somebody, how can you naturally strike a balance?

- ☐ When breaking eye contact, look to the left or the right
- ☐ Look down at the floor every 30 seconds or so
- ☐ Look just past the person whose gaze you can no longer hold

3. It is said that a genuine smile is almost impossible to produce on command. But what gives away a fake one?

- ☐ The smile begins slowly and spreads across the rest of the face
- ☐ There is a lack of crinkles around the eyes
- ☐ The person's eyes close slightly

4. When you stand up to talk in front of a group of people, what can you do to exude confidence?

- ☐ Strike a wide stance
- ☐ Try to position a desk or table between you and your audience
- ☐ Clasp your hands in front of you

5. Which of these signals suggest the person you are speaking to might not be telling the whole truth?

- ☐ They make steady eye contact
- ☐ They make frequent hand to face touches, including attempts to cover their mouth
- ☐ They answer you fairly promptly

6.You need to ask some tough questions about your team's performance, and you notice that your team leader's leg is shaking. Does that suggest:

- ☐ He's feeling bored by the conversation
- ☐ He's feeling jittery about your line of questioning
- ☐ He is exuding confidence

7.While addressing a senior member of your team about staffing changes, she suddenly crosses her arms. Do you take that to mean:

- ☐ She suddenly feels cold
- ☐ She's not sure what to do with her hands.
- ☐ She is feeling defenceless, and is trying to shut out what is being proposed

8.Leaders tend to use their tone of voice and expansive body movements to create a sense of authority. What should they do with their hands to emphasise this effect?

- ☐ Keep their palms facing down
- ☐ Make wild, expansive hand gestures while speaking
- ☐ Keep their hands in their pockets

9.People could be paying attention to your body language before an event. To create a good impression, should you ...

- ☐ Sit and fiddle with your phone
- ☐ Sit staring vacantly ahead
- ☐ Swap your smartphone for a newspaper

10.Using your hands while you talk can communicate a range of meanings, from enthusiasm and passion, to a lack of control. What would calm, rounded hand gestures say to you?

- ☐ "I'm open and clear"
- ☐ "I think I'm in trouble"
- ☐ "I'm feeling over the moon"