



Amy Cuddy TED talk Guide

Your body language shapes who you are.

1. Watch the TED talk about body language (nonverbal communication).
http://www.ted.com/talks/amy_cuddy_your_body_language_shapes_who_you_are
2. Why is body language important? Discuss in groups.
3. Can you think of gestures and types of nonverbal communication that are common all around the world? What do they mean? The **V** symbol we do with our hand, for example, means **victory**. Discuss other gestures.
4. What's an Alpha type personality? Write down the characteristics of an Alpha type personality.

Definition:
Characteristics

5. Look up the terms **testosterone** and **cortisol**. They are hormones. What do they affect?

You are now going to watch Amy Cuddy's TED talk. Take linear notes (attach to this) because you will need them later on.

6. Fill in the gaps based on your notes.

Fake it.....

Fake it

What do these phrases mean?

7. What do we learn about Amy Cuddy's life? Talk about this with the person next to you.

8. **Now, based on your notes summarize the talk on the back of this sheet.**