



# VeteranCaregiver.com Video Resource

## Recommended Resources: Positive Physical Presence

### Definition:

A positive physical presence is about projecting a strong and confident attitude through the use of non-verbal communication. Our body can give away our thoughts and feelings even though we may not be thinking or feeling a certain way. Using a positive physical presence may help when requesting help and exuding the expectation that you will be helped appropriately.

### Resources:

Positive Body Language

<http://www.positivityblog.com/index.php/2006/10/27/18-ways-to-improve-your-body-language/>

<http://etiquette-ny.com/how-to-project-executive-level-presence-with-positive-body-language/>

<https://www.psychologytoday.com/blog/sideways-view/201501/what-is-body-language>

Non-verbal

<http://www.helpguide.org/articles/relationships/nonverbal-communication.htm>

<http://psychology.about.com/od/nonverbalcommunication/a/nonverbaltypes.htm>

### Video Resources:

Body Language Manners

<https://www.youtube.com/watch?v=ZlBQxCzgRLw>

TED Talk on Body Language

[https://www.ted.com/talks/amy\\_cuddy\\_your\\_body\\_language\\_shapes\\_who\\_you\\_are?language=en](https://www.ted.com/talks/amy_cuddy_your_body_language_shapes_who_you_are?language=en)

### Quote:

“Effective communication is 20% what you know and 80% how you feel about what you know.” - Jim Rohn

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