



Wonder Woman Exercise

Try This 2 Minute Exercise to Boost Your Personal Power

It is well known that the mind can influence the body. For example, if you're feeling depressed, there's a high likelihood that your immune system will be depleted. But Amy Cuddy, a researcher at Harvard has recently proven that the body can influence the mind too which is fantastic news for anyone who wants to step into their personal power more often.

Testosterone exists in both men and women and is known as the "dominance hormone." If someone is feeling powerful, confident and owning their personal power, it's likely that they have high levels of testosterone at that moment. Cortisol, on the other hand, is known as the "stress hormone." High levels of cortisol are unhealthy and tend to exist when someone is feeling anxious and weak in a given situation.

Thankfully it is possible to easily and quickly increase testosterone and decrease cortisol in just 2 minutes simply by standing differently so we can summon an extra surge of power and sense of confidence when it's needed. Amy Cuddy calls these Power Poses. This exercise is really useful if you are nervous about an upcoming presentation or job interview but it is also useful in more mundane situations for example when you are tearing your hair out at home when your toddler (or teenager) throws a tantrum.



Two Minute "Best You" Booster

Just think of Superman or Wonder Woman standing with feet slightly apart, shoulders back, and hands on the hips OR try to go for an Olympic athlete with arms raised in a victory "V". Changing the chemical balance increases your self-assurance and calms your jitters in a high-stress situation. It sounds silly but it works.

Simply stand in one of the power poses for two minutes before any stressful situation and you'll be able to enjoy the benefits mentioned here. All you need is a bit of privacy, say, a bathroom or an

elevator. Use this before important phone calls, client meetings, negotiations, and presentations to give yourself an edge. Feeling powerful after the two-minute pose increases your presence, meaning you get to display the best version of you, your true self; comfortable, passionate, enthusiastic, captivating, authentic and confident.

To Prepare Before a Stressful Interaction

Don't sit hunched in a chair looking down at your smart phone making yourself small. Instead, go to the bathroom and power pose. Or walk around with your head held high and move with purpose. Or put your feet up on your desk and lean back in your chair.

For an Extra Boost Throw in Some Wonder

One of the things I teach clients to do is ask themselves questions. It's easy to get stuck in a habit of negative thinking which makes us feel powerless. Instead make a decision to ask yourself empowering questions which will help you to get into a habit of thinking differently about situations.

So when you are doing a wonder woman pose think about the situation you want to feel more powerful about and ask yourself a question starting with "I wonder" For example:

- I wonder how I could feel more in control of this situation?
- I wonder how I would feel if this presentation gets amazing feedback?
- I wonder what (that person I admire) would do right now?
- I wonder what I would do if I knew I couldn't fail?