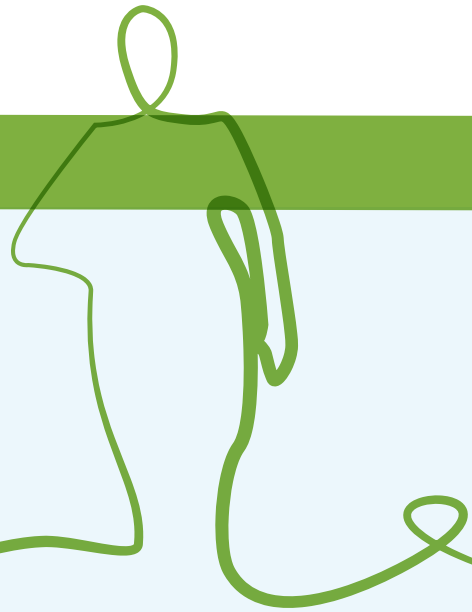# Positive Body Language: Tips

Help to prevent and resolve conflict by using your body language to:

Build trust...

1. Make comfortable eye contact

2. Turn towards the person you're communicating with

Build confidence...

3. Keep a good posture

4. Move your arms away from the centre of your body

Relieve tension...

5. Relax your face muscles, shoulders and hands

6. Don't forget to smile!