

# BODY LANGUAGE

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READ & UNDERSTAND PEOPLE



**Simone Janson (ed.)**

How to do profiling like FBI agents! Interpret Gestures  
Mimic & Nonverbal Signals, Recognize Lies &  
Manipulation, Control your Effect

# **Body Language - Read & Understand People**

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# **Body language in politics: Obama calls Putin bored schoolchild**

*// By Simone Janson*

Body language is important, most people know it undeniably, but many successful people in positions of power do not pay attention to it. This can have unpleasant consequences.

## **Putin as a lazy from the last bank?**

Rhetoric and presentation expert [Michael Moesslang](#) has for Best of HR – Berufebilder.de® already analyzed the body language of various politicians. He also drew my attention to this announcement: US President Barack Obama calls Russian President Vladimir Putin a bored schoolboy - and thus clearly targets his body language.

It sounds funny at first glance: like Alan Posener in the WELT writes, Obama interrupted his remarks at a press conference "to note that the Russian head of state" sometimes lolls around like the bored schoolchild in the last bank. " Of course, this is about more: Above all, the Snowden Affaire, but also for more political differences. How Putin responded to this targeted insult is not yet known.

## **Offense at the highest level**

And also whether it was politically wise from Obama, Putin so obvious to dissen or a dictator to be minimized. This must be discussed and judged by others. I am concerned about a different aspect:

The Importanz of the body language also on politically highest level. Obama's criticism shows that body language often tells more about us than we can be. Because Putin likes to mark the strong man, but shows his weakness with this body language.

## **Body language has an impact on our status**

According to impact expert Dr. Cornelia Topf, also author on Best of HR – Berufebilder.de®, our body language actually affects our status in working life. More than most believe. Alone, how one sits in a meeting, can bring the image strong scratches. And she advises [Improvement of the effect](#):

*"Take a close look at successful people: the fatal thing is that many people are unaware of their impact, and they often wonder where their totally misleading image comes from."*

## **Pay attention to breathing, stability and posture**

The expert therefore advises to observe respiration, stability and physical activity and to train them. And pot gives a sovereignty-tip, to make oneself aware of one's own weaknesses and to improve them purposefully, in order to be self-assured: Feel the fear and do it anyway!

What I noticed: Also the other way around is a shoe out of it. When I pay attention to my body tension and move confidently, I also get better feedback - and automatically feel better self-confident.

## **If Putin had listened to our experts ...**

Mrs. Topf writes in her sovereignty contribution also: That you should be grateful for any feedback you get in this regard. Whether the Russian President is so grateful to the American, I dare to doubt.

One thing is certain: if Mr. Putin had listened to our experts, then he would have been spared this insult! ;-) (Attention, irony!)