



Strike a Winning Pose!

If you ever watch an Olympic sprint event or marathon, you will most likely notice a common theme for those individuals who take home the gold medal. These victorious athletes exhibit powerful body language after they pass through the finish line: they stand up tall and throw their arms up into a strong, high V shape. This is known as the “Winner’s V.” Historic moments in sports history often include snapshots of famous athletes celebrating in this fashion. Researchers have found that demonstrating the “Winner’s V” pose makes serotonin levels rise in your body. These increased levels lead to greater body confidence.

Although most of us will not get the opportunity to win an Olympic gold medal or hit a game-winning home run in the World Series, we still can share in the benefits of the “Winner’s V” pose. When you need a confidence boost, before stepping in front of a large audience, delivering difficult news, engaging in constructive conflict, or are simply feeling tired, try out this exercise. In your office or in a private area, take about 10 seconds and strike the “Winner’s V” pose. Standing extra tall and raising your hands into the air might seem silly at your workplace, but you will be forced to smile. In addition to your smile, you will feel an overwhelming sense of pride and confidence to take on your next challenge.

-Josh

Higgins, Jessica. *10 Skills for Effective Business Communication: Practical Strategies from the World’s Greatest Leaders*. Tycho Press, 2018.