COSMOS
Navigate the Compliance Universe

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# Go ahead: Take up space!

By Kristy Grant-Hart

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Right now, observe how you're sitting. Are you slumped over, shoulders humped, with your neck down? Or are you sitting tall and proud, chest up, and back straight? Take note—these things matter. Dr. Amy Cuddy, author of Presence,[1] and famous TED Talk presenter, proves in no uncertain terms in her book that your confidence can be improved simply by sitting or standing like a confident person.

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