



Power Posing with Amy Cuddy

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Liz had the privilege to attend this year's annual [Women Presidents' Organization](#) Conference in Baltimore, MD. The keynote speaker was Amy Cuddy, Harvard Business School Associate Professor, Social Psychologist and Researcher known for exploring the science behind Power Posing. Her TED talk on the subject is the second most viewed TED Talk in the world. Below, view this twenty-minute [video](#) explaining how your body influences your brain.



At [Hilliard Studio Method](#), we believe in power posing, too! All of the work we do in class is about standing tall with a lifted chin, an open chest, a lengthened spine and an engaged core. You will feel better and stand taller inside and outside of the studio and be more powerful in everything you do.

