

Men's Health**A nod's as good as a wink**

When difficult questions are fired at you in front of others, don't freeze. The best thing to do first is to nod, briefly. Regardless of whether you have an answer, a nod gives the questioner initial confidence in you. It is also a form of "visual positive self talk" and buoys your confidence to respond, according to Michael Kelly, a Sydney-based executive personal communications coach.

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