B	I	N	G	O
Uses gestures naturally	Avoids crossing arms/legs tightly	Keeps hands visible	Shows attentive gaze	Moves with intention not distracted
Expresses enthusiasm physically	Stays engaged during virtual calls	Responds to social cues	Avoids fidgeting	Smiles when speaking
Uses head nods or gestures	Controls hand movements	**FREE**	Maintains eye contact	Matches tone to message
Shows confidence in posture	Mirrors others subtly	Shows active listening	Leans slightly forward when listening	Nods occasionally
Dresses appropriately	Shows calm under pressure	Facial expressions match emotion	Uses open body stance	Good posture

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B	I	N	G	O
Uses head nods or gestures	Uses open body stance	Avoids fidgeting	Mirrors others subtly	Expresses enthusiasm physically
Shows attentive gaze	Matches tone to message	Keeps hands visible	Nods occasionally	Controls hand movements
Maintains eye contact	Avoids crossing arms/legs tightly	**FREE**	Leans slightly forward when listening	Shows active listening
Good posture	Uses gestures naturally	Facial expressions match emotion	Shows confidence in posture	Dresses appropriately
Moves with intention not distracted	Looks relaxed not tense	Smiles when speaking	Responds to social cues	Stays engaged during virtual calls

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B	I	N	G	O
Shows confidence in posture	Leans slightly forward when listening	Uses head nods or gestures	Good posture	Shows attentive gaze
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