* **Symbolic Gestures** communicate words, numbers, position.   
  For example:
  + A raised hand signals for a stop
  + A thumbs-up showing you agree
  + Three fingers for the number three
  + Pointing to show a position – up, down, behind, beside.
* **Descriptive Gestures** communicate an idea or movement.  
  For example:
  + Spreading hands apart to show length
  + Using hands to show a shape.
  + Swaying hands to show a flow of movement.
* **Emotional Gestures** suggest feelings.   
  For example:
  + A clenched fist to show anger. It is hostile and threatening. It could also convey the sense you are hiding something.
  + Hands clasped to show pleading.
  + Using a pointed finger. This makes you look accusatory, even if that wasn't your intent.

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**Gestures to Avoid:**

* + **Hands on hips** = condescending, parental, overbearing
  + **Crossed arms** = cutting off, disagreeing, wanting to protect
  + **Hands crossed in front** (fig leaf) = feeling weak, timid, needing protection.
  + **Hands joined behind your back** = you’re on parade
  + **Hands in pockets** = nervousness.