



## The AMT Professional Posture

### *How to professionally present yourself in front of others.*

- 1. Clothing professionally ready.**  
Collared shirt/collared coverall. Shirrtail tucked IN. Clean. Ironed. Tears sewn or patched. Clean shoes.
- 2. Stand up straight!**  
Stand up straight. Don't lean. Don't slouch.
- 3. Hands in the proper place.**  
Hold your hands behind you, together in front of you, or at your side.  
*Do not put cross your arms, hold one arm with the other, put your hands in your pockets, etc.*
- 4. Face your audience/the other person.**  
For another person, face them directly. For an audience, generally stand facing the center of the group. This allows you to more easily turn slightly to one side or the other to engage the entire audience with eye contact.