**EMPLOYABILITY AND SELF-DEVELOPMENT**

**Learning Outcome 3: ACTIVITY 4**

**CLASS ACTIVITY**

**Assessment centres**

Watch this YouTube clip:

<https://www.youtube.com/watch?v=T6nVuwr31wQ>

Make a note of the different elements that made up the day.

Although there is no audible dialogue, what does the body language suggest about how the various individuals felt about the different activities they were participating in?

Are there any tips you can pick up from this in terms of body posture and how it portrays confidence or a lack of it?