

Body *Language*

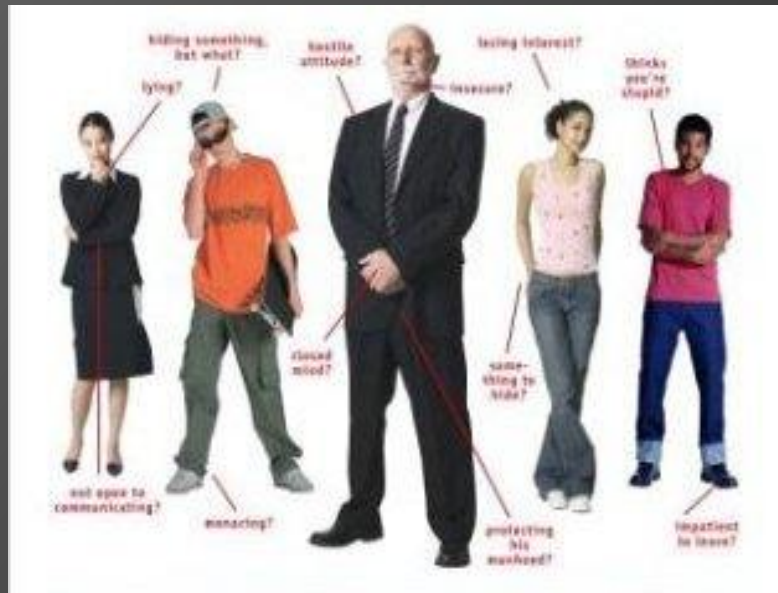
A WAY TO CONVEY MESSAGE, A FORM OF COMMUNICATION

Body Language -: A Secret Weapon.

- Non Verbal Communication.
- A Facial Expression.
- An Eye Contact.
- Affect and Effect of People.
- Reveal If A Person Is Lying To You
- Enhancing Our Communication Skill.
- Can Turn Person/People Like Or Dislike.



ACCORDING TO JOHN BORG, A FAMOUS ARTIST.



Human communication consists of 93 percent body language and paralinguistic cues, while only 7% of communication consists of words themselves

BODY LANGUAGE CAN SHOW-

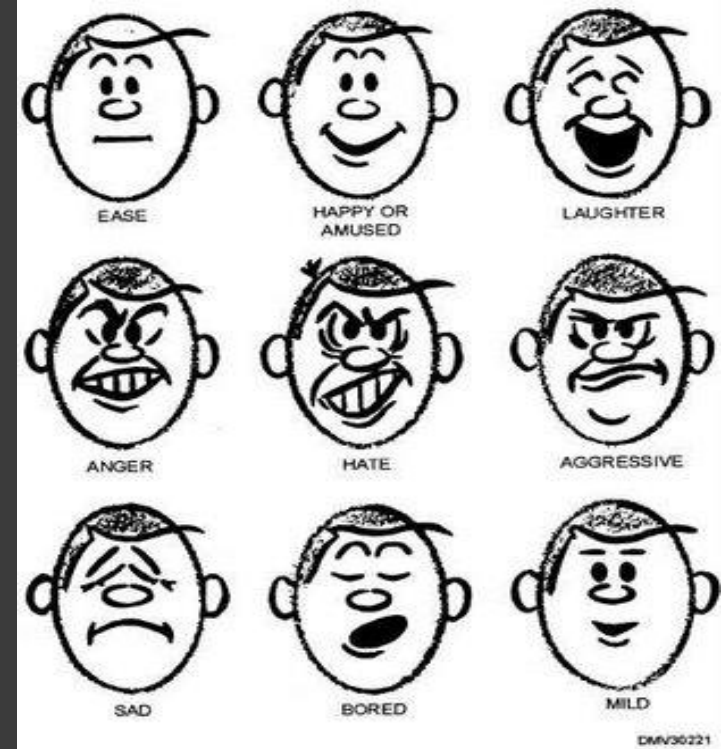


Aggression
Attentiveness
Boredom
Relaxed state
Pleasure
Amusement
Intoxication
Eye Contact
And many other cues.

Understanding Body Language-:

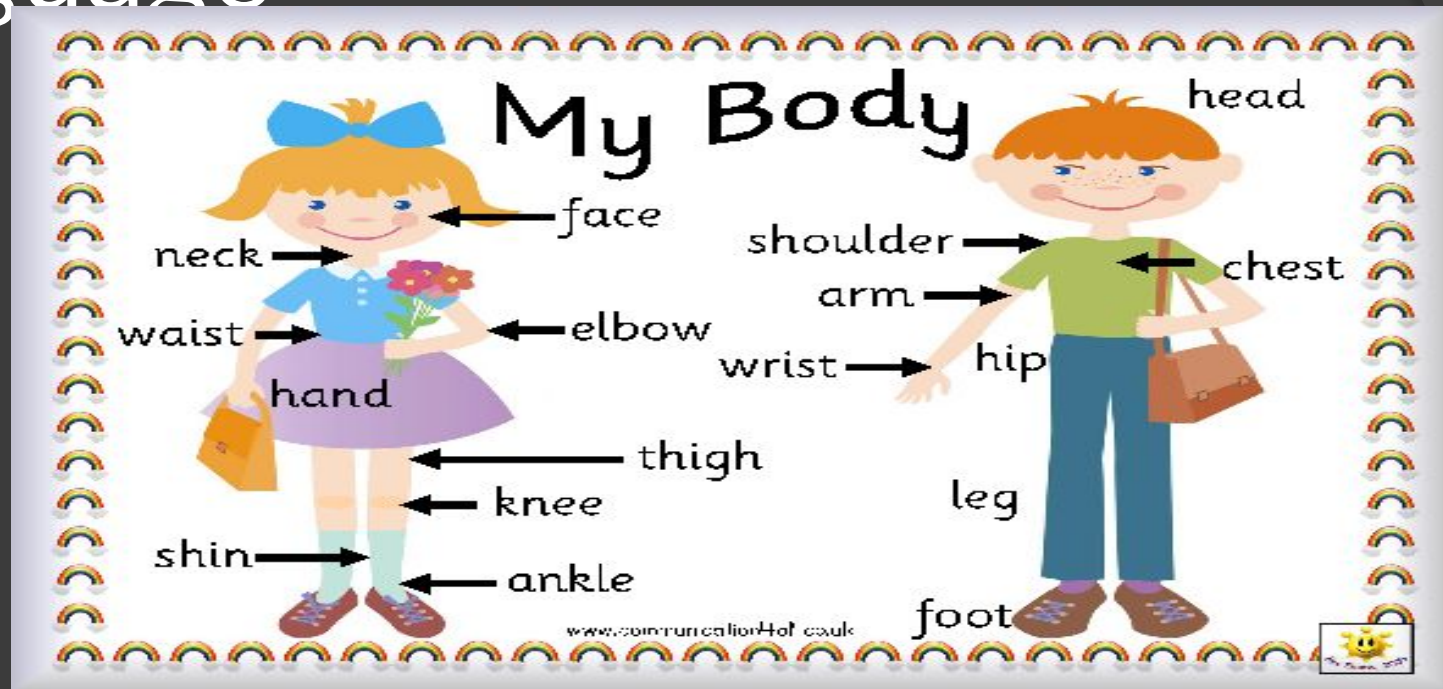
- It is very Necessary To Understand Body Language.
- Important To Indicate Some ones Emotions(e.g. smiling/laughing when happy, frowning/crying when sad)
- It Includes Facial Expression.
- The newly included emotions are:
 1. Amusement
 2. Embarrassment
 3. Excitement
 4. Guilt
 5. Pride in achievement
 6. Relief
 7. Satisfaction
 8. Shame
- Yawning (sleepiness), showing lack of interest (sexual interest/survival interest), attempts to change the topic (fight).

Physical expression-:



- Physical expressions like waving, pointing, touching and slouching are all forms of nonverbal communication.
- Crosses his or her arms across the chest, means opposition.**
- Consistent eye contact can indicate that a person is thinking positively of what the speaker is saying
- touching the ear or scratching the chin, shows disbelief
- Head tilting or looking straight at the speaker shows boredom
- Interest can be indicated by posture and eye contact

Parts Of Body Involved In Body Language



- Head: Face, Cheek, Chin, Mouth, Lips, Teeth, Tongue, Nose, Eyes, Eyebrow, Forehead Hair
- Arm: Elbow, Hand, Finger
- Legs : Thigh , Knee , Foot

Tips To Improve Body language-:

- Don't Cross Your Arms And legs.
- Have An Eye Contact, Don't Stare.
- Relax Your Shoulders.
- Smile And laugh.
- Don't Touch Your Face.
- Use Hands More Confidently.
- Don't Stand Too Close.
- Keep A Good Attitude.

Importance of Body language-:

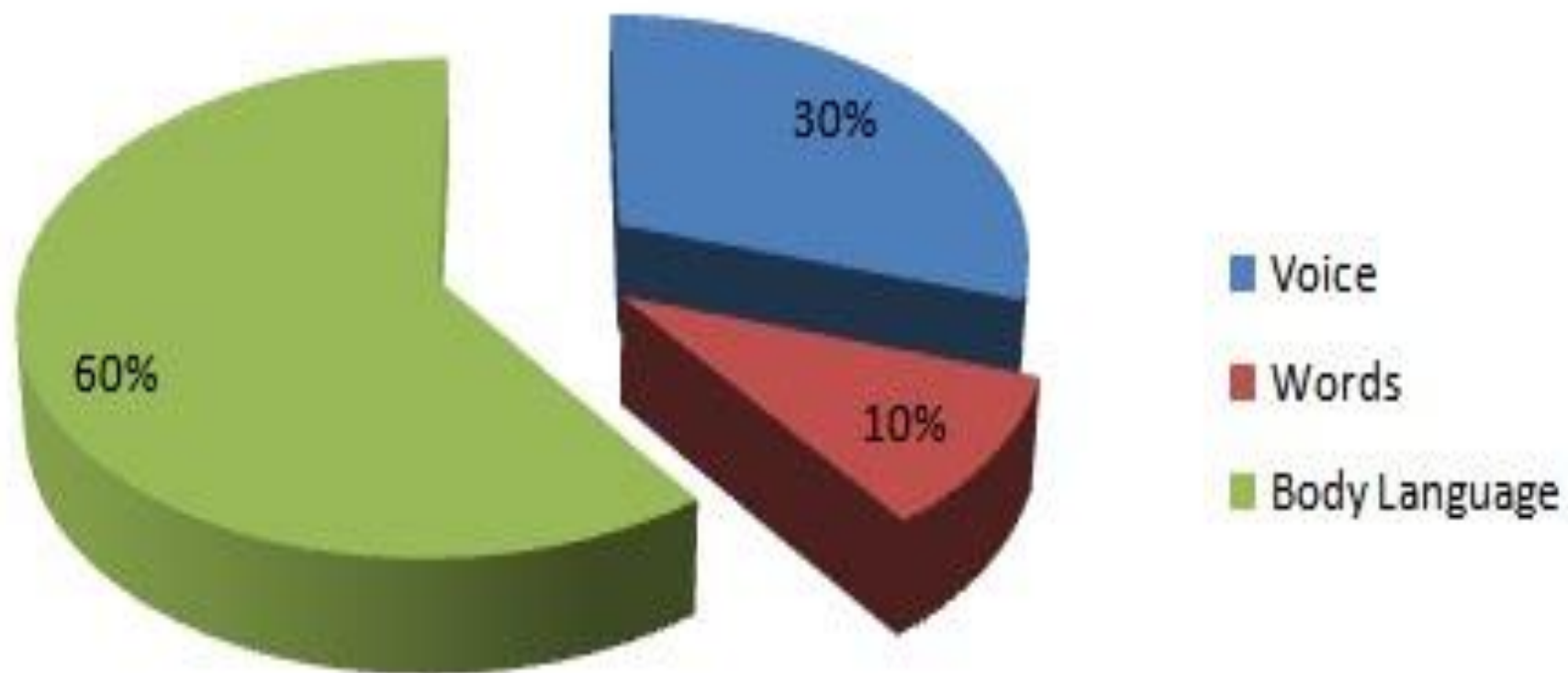


- Body Language in the Workplace.
- Posture During Any Meeting.
- While Showing Love To Someone.
- A Job Interview.

Quotes on body language-:

“Get in touch with the way the other person feels. Feelings are 55% body language, 38% tone and 7% words.”

“Language is surely too small a vessel to contain these emotions of mind and body that have somehow awakened a response in the spirit.”





Helpful
Tips

**WHEN BODY LANGUAGE GOES
WRONG, EVERYTHING GOES
WRONG**



