

Verbal and Non-verbal communication. Body language.

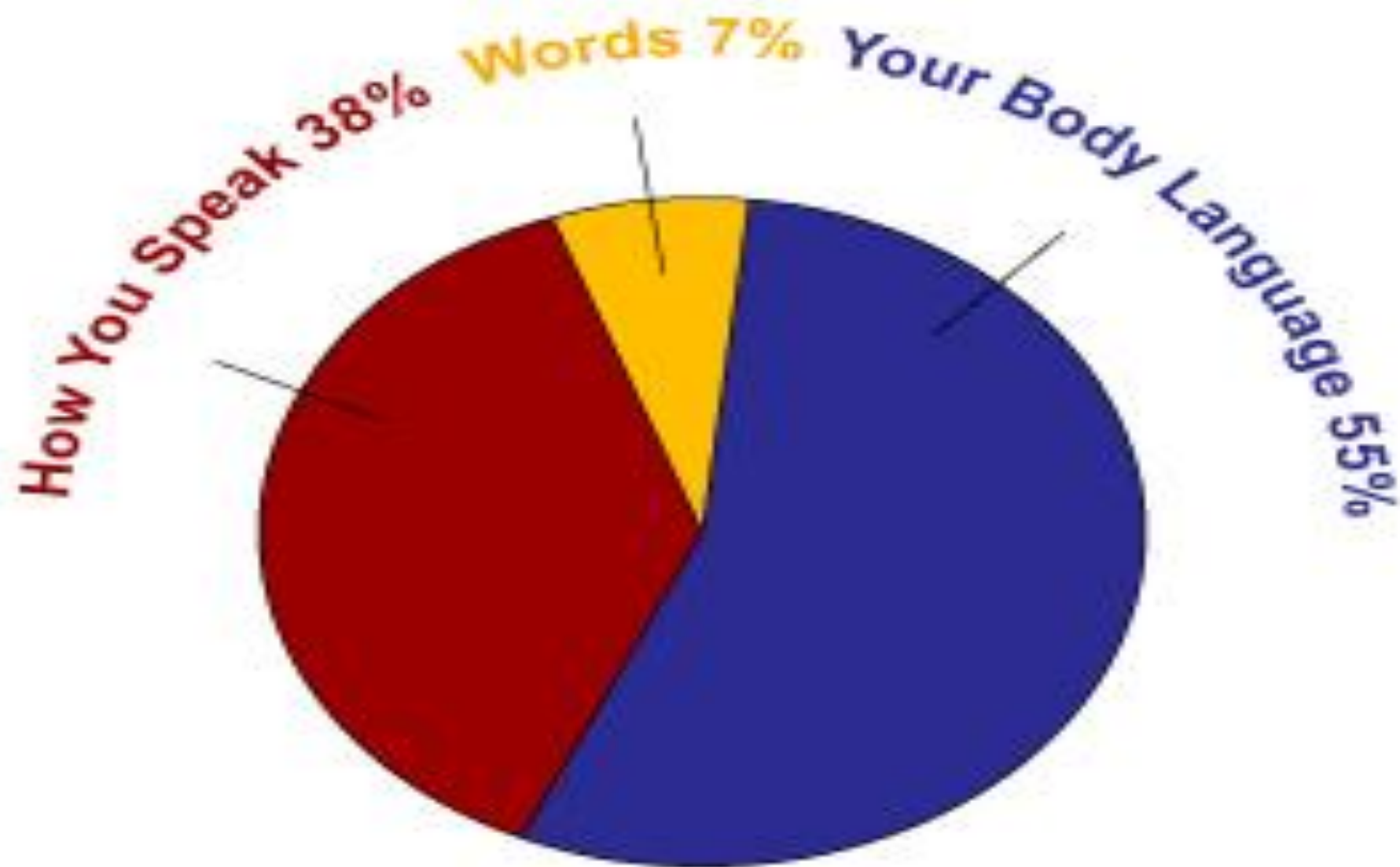
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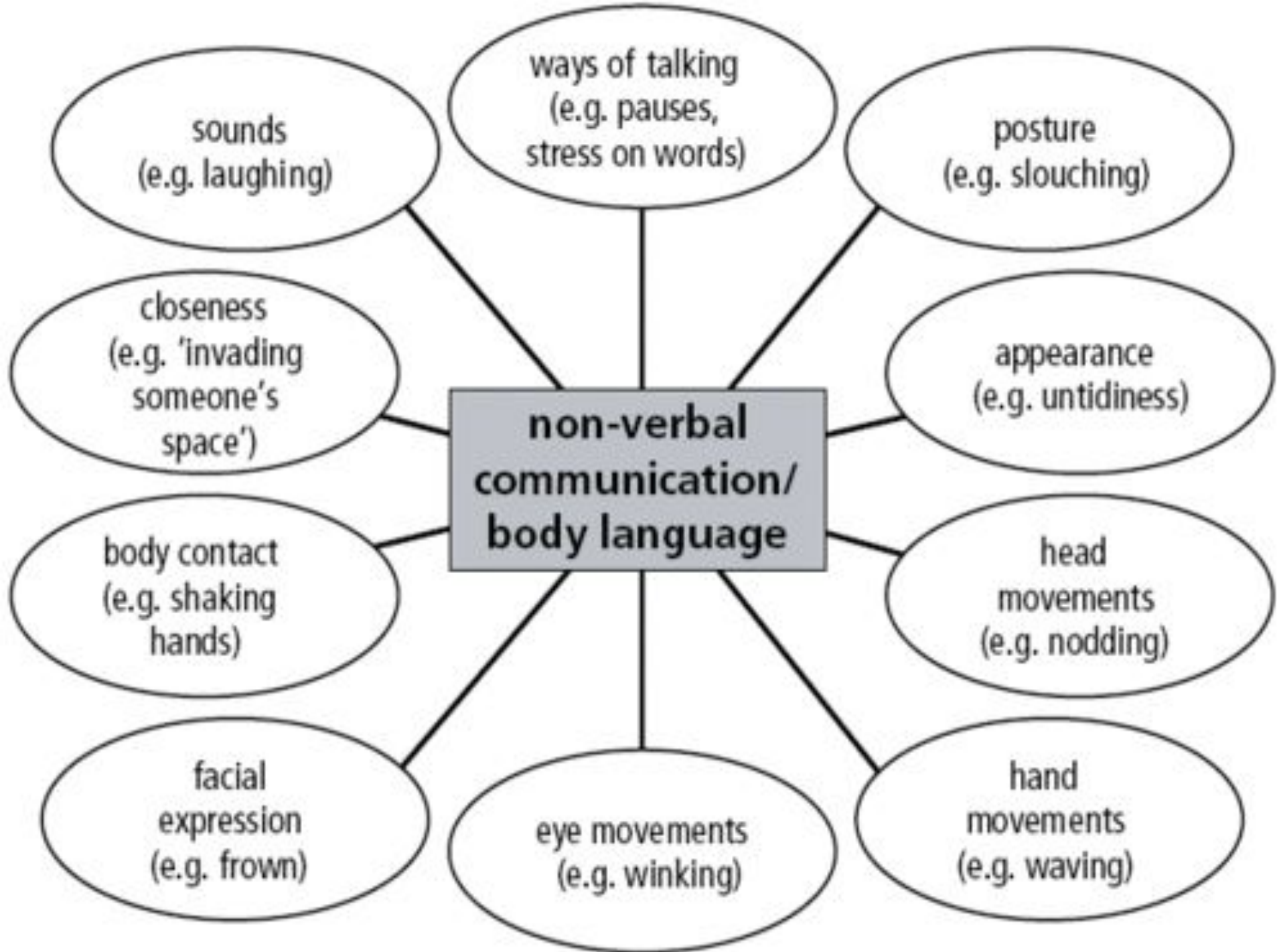
A decorative graphic element consisting of several horizontal lines of varying lengths and colors (teal, light blue, white) extending from the left side of the slide towards the right.

- **Verbal Communication** – How you use words and language
- **Nonverbal Communication** – Message components other than words that generate meaning



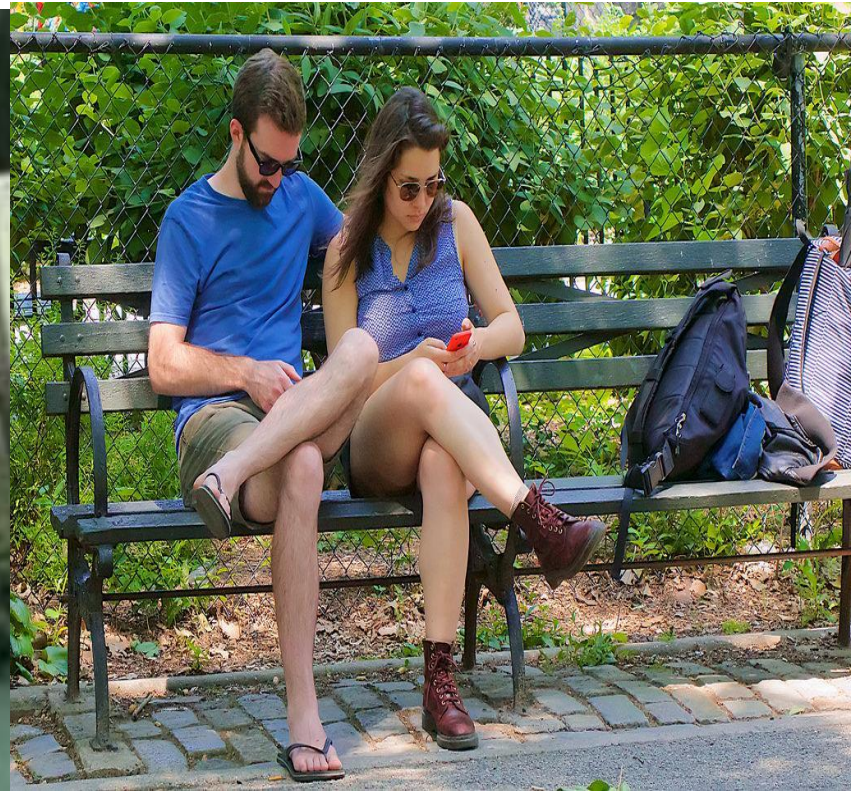
What Makes an Impression?





How to read one's body language?

- **1. Notice how close someone will sit next to you.**

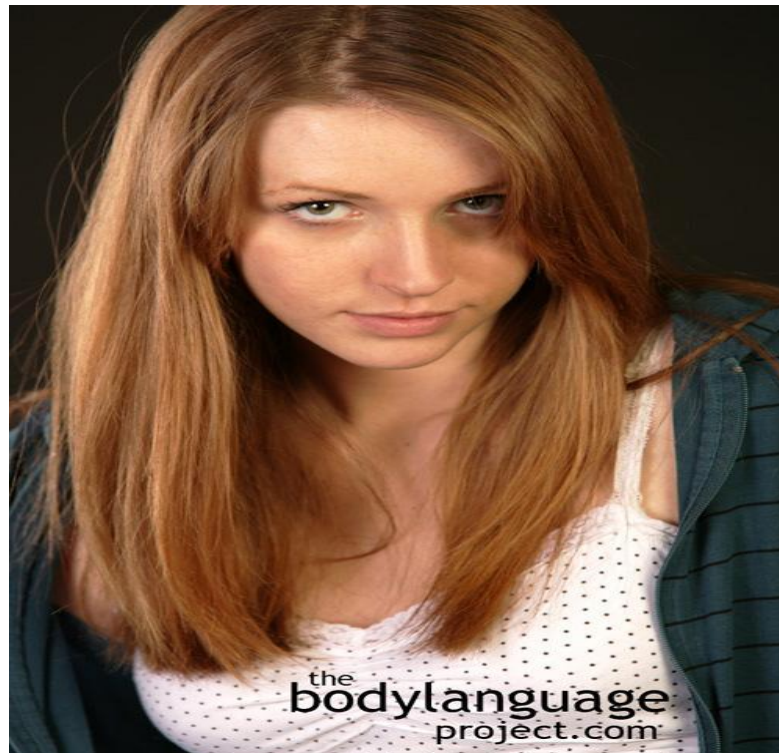


2. Look for their head position.

- A tilted head is a possible sign of sympathy, and while tilting their head and smiling at the same time, they are being playful and maybe even flirting



Lowered heads can mean they are hiding something. That person may be shy, ashamed, timid, keeping a distance, in disbelief



3. Look at the eyes.

- People who look to the sides a lot come across nervous, lying, or distracted.
- When someone is looking sideways (askance) it generally means that person is distrustful or unconvinced.
- If someone is looking down a lot, they are probably shy or timid. Some people tend to look down when they are upset, or trying to hide something emotional, and are often thinking and feeling unpleasant emotions.



4. Imitation is the sincerest form of flattery.

- If someone copies your body language, this is a sure sign that they are trying to get your attention.



5. Watch their arms.

- People with crossed arms are closing themselves off to social interaction.
- If they are rubbing their hands together or somehow touching their own body, they might be comforting themselves (which means they aren't enjoying the current situation).
- If someone rests their arms behind their neck or head, they are open to conversation
- If their hands are closed or clenched, they may be irritated, angry, or even nervous.

Defensive



Arrogance



Annoyed



Are you being defensive? - I don't think so!

Irritated



Happy



Confused



Worried



6. Watch out for nervous gestures.

- If someone brushes their hair back using their fingers, this may be fixing their hair, or commonly a gesture that they like you
- If you see them raising their eyebrows, you can be pretty sure that they are disagreeing with you.
- If the person wears glasses, and they are constantly pushing them up their nose, this may indicate that they disagree with what you are saying.
- Lowered eyebrows and squinting eyes can show an attempt of understanding what is being said.

7. Watch those feet.

- Some people may point their feet to the direction of where they want to go or sometimes their interest. So if it's pointing at you, that could very well mean they are interested in you.
- If they purposely touch their feet to yours, they are flirting!



Body Language Of Girls

- 1. Maintaining eye contact**
- 2. Folding arms**
- 3. Toying with her hair**
- 4. Touching a guy on his arm**
- 6. Fidgeting with something around her**
- 7. Blushing**
- 8. Not looking at a guy while he is talking**
- 10. Laughing at his jokes**

Male body language

- **1. Hand holding**
- **2. They touch your hair**
- **3. They sit on the floor**
- **4. He keeps getting up to get you everything you need**
- **5. He comes outside to meet you when you arrive**
- **6. He carries things for you**
- **7. He offers his hand to help you up or down**
- **8. He looks you in the eye**
- **9. He cooks epic meals for you**



Thank you for the attention!