

Non-Verbal Communication

Identifying, Understanding & Using Body Language



Objectives

- Understanding and mastering the secrets of Non Verbal Communication
 - Limbic legacy: how the brain works
 - The basics: feet, legs, arms, torso, hands, fingers
 - Awareness, practice

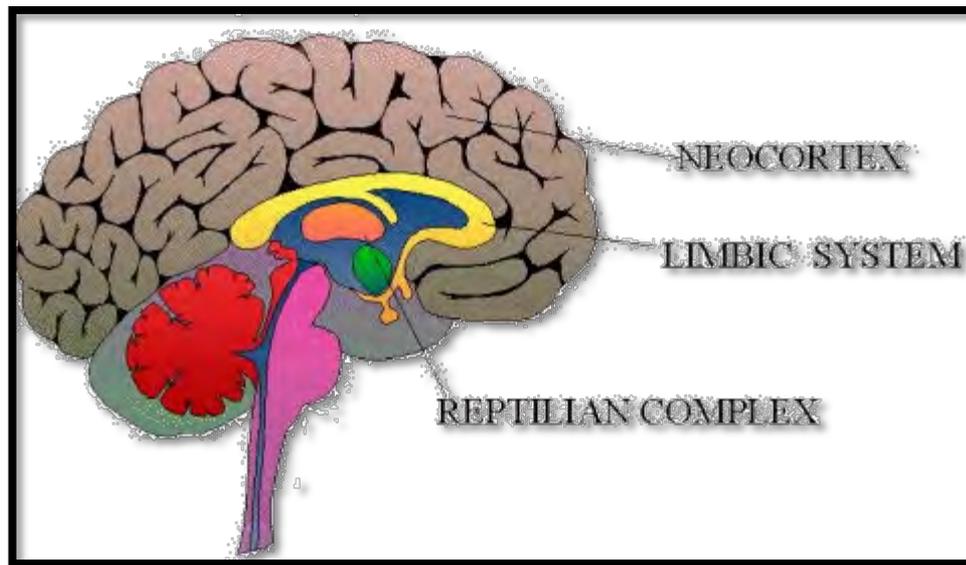
Non Verbal Communication

- Communication
- Reveals the truth: “Tells”
- Successfully decode communication
- Warning!



The Brain and NVC

- Reptilian (stem) Brain
- Mammalian (limbic) Brain
- Human (neocortex) Brain



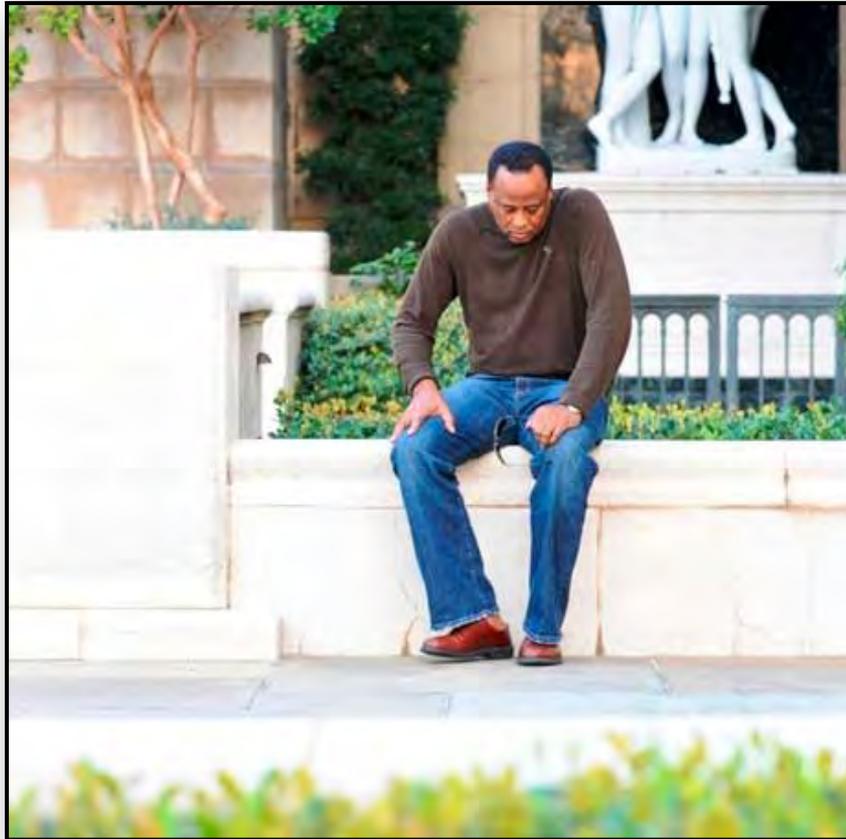
Feet and Legs

“The Most Honest Part of our Body”

- Dancing Feet
- Direction of Feet
- Intention Movements



Ready to go



Leaving.....



Feet and Legs (cont.)

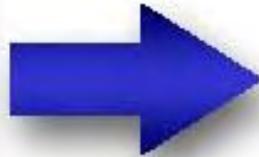
- Leg crossing
- Legs or Feet “splayed”



Leg Crossing



Legs or Feet “Splayed”



Torso

- Basics
 - Clothing
 - Preening
 - Splaying
 - Puffing Up
 - The Lean
 - The Shrug
 - The Turtle



The Lean



Shoulder Shrugs

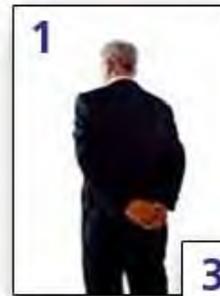


The Turtle



Arms

1. Behind back
2. On hips, fingers forward
3. On hips, fists
4. On hips, fingers towards back



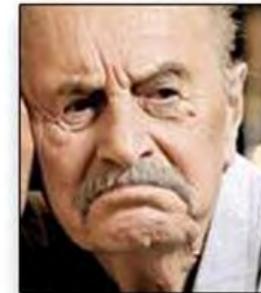
Hands and Fingers

1. Steepling
2. Wringing
3. Fingertips spread apart on surface
4. Clasping, Thumbs up
5. Clasping, Thumbs disappear
6. Hanging Thumbs from pockets (fingers pointing down, outside)



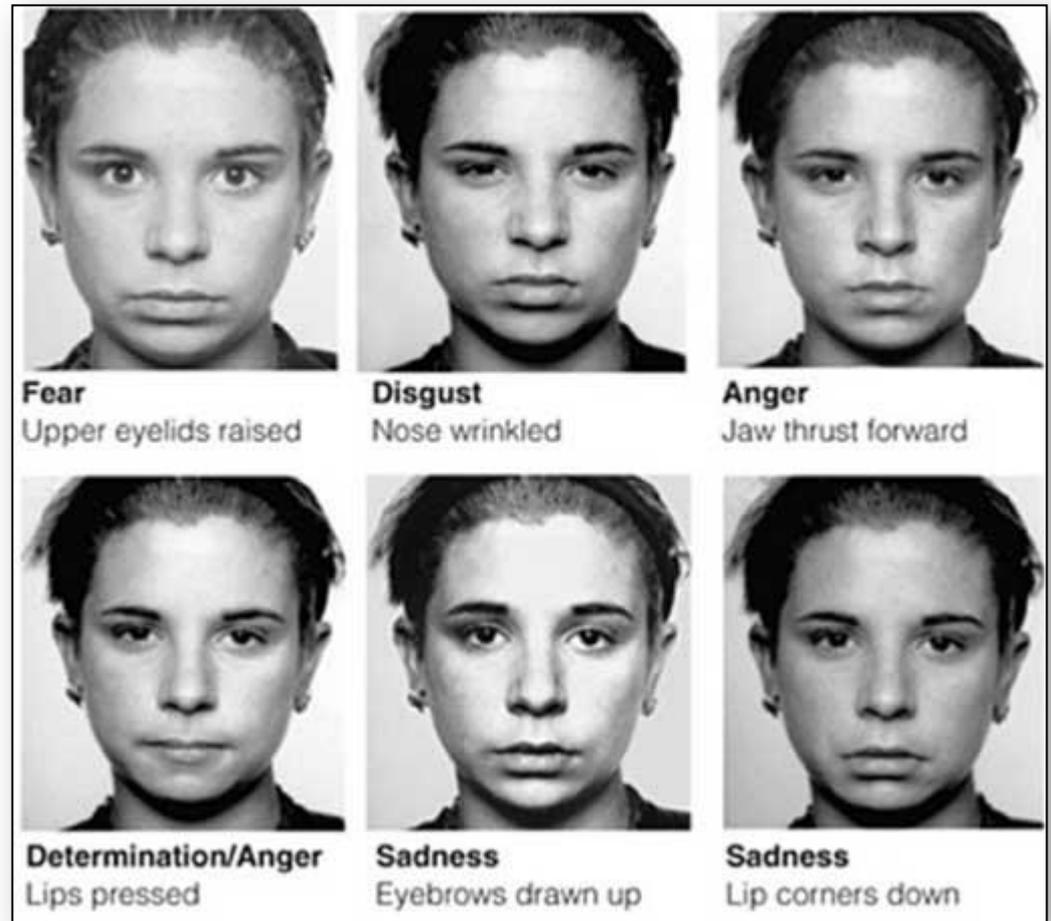
Face: Lips

- Compressed
- Upside Down U
- Disappearing

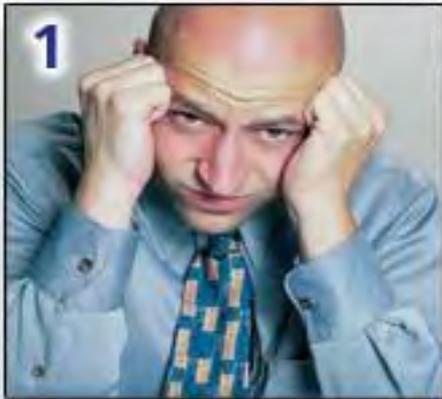


Face

- Micro Expressions



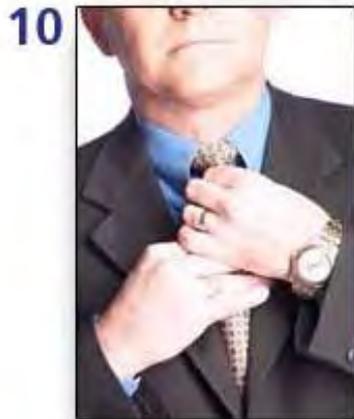
Face – What do you think?



?



Face – What do you think?



Bonus!



Recap

- Watch closely
- Remember Context
- Use your new knowledge to ask questions, clarify, and communicate more clearly

Recommended Reading:

- “Telling Lies” by Paul Ekman
- “What Every Body is Saying” by Joe Navarro
- “You Say More than You Think” by Janine Driver

Let WorkLife4You Make Your Life a Little Easier!

Contact WorkLife4You 24/7:

1-877-WL4-NOAA - (1-877-954-6622)

(TTY: 1-800-873-1322)

<http://www.worklife4you.com>

Look for the Member Login box

Not a registered member yet? Follow the “**Start Now**” link and
enter Registration Code: **noaa**



[FOH.hhs.gov](https://www.foh.hhs.gov)