# Verbal communication vs non-verbal communication

https://www.youtube.com/watch/4\_5dayHDdBk

communication is an essential part of our daily lives it is how we express ourselves share our thoughts and ideas and connect with others in this video you will learn about the two main types of communication verbal and non-verbal communication verbal communication is the use of speech or spoken words to exchange information emotions and thoughts non-verbal communication on the other hand is the use of body language gestures facial expressions and tone of voice to convey a message it is a powerful tool that can be used to communicate feelings emotions and attitudes without the use of words both verbal and non-verbal communication are important and they often work together to create a complete message non-verbal cues can help us understand the tone and intention behind someone's words at the same time verbal communication provides context and Clarity to the message being conveyed verbal communication is essential in negotiations where clear and explicit language is critical while non-verbal communication is essential in interpersonal communication where emotional cues play an important role here are some examples of verbal communication face-to-face conversation giving a speech telephonic conversation sending voice note taking interviews group discussion in the workplace here are some examples of non-verbal communication nodding head in approval showing a thumbs up sign to express positive feelings smiling at someone a confident handshake is a welcoming gesture giving a hug to show affection to talk in a raised voice while in anger non-verbal communication can be more effective than verbal communication in some situations for example when someone says something but their body language suggests something different we are more likely to believe they're non-verbal cues over their words non-verbal communication is also essential in situations where words are not enough to convey a message such as when comforting a loved one expressing empathy or showing respect on the other hand verbal communication is essential in negotiations where clear and explicit language is necessary but it is more easily influenced by external factors such as language barriers background noise and distractions in today's world we are increasingly relying on technology for communication and this has made it more challenging to convey non-verbal cues when communicating through text for example we lose the tone of voice and facial expressions that help us understand the message it is therefore essential to be aware of the limitations of each type of communication and use them appropriately understanding the nuances of each type of communication can help us become better communicators and build stronger relationships with others thanks for watching this video if you find this video informative please like the video and don't forget to subscribe to education leaves extra