**ASSIGNMENT**

**COMMUNICATION & PRESENTATION SKILLS**

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**SECTION : BS(CS)-2A**

**ROLL : P19-0033**

**NON-VERBAL COMMUNICATION:**

**Nonverbal communication** refers to gestures, facial expressions, tone of voice, eye contact (or lack thereof), body language, posture, and other ways people can **communicate** without using language.

**TYPES OF NON-VERBAL COMMUNICATION:**

There are many different types of nonverbal communication or body language that includes:

**Facial expressions.** The human face is extremely expressive, able to convey countless emotions without saying a word. And unlike some forms of nonverbal communication, facial expressions are universal. The facial expressions for happiness, sadness, anger, surprise, fear, and disgust are the same across cultures.

**Body movement and posture.** Consider how your perceptions of people are affected by the way they sit, walk, stand, or hold their head. The way you move and carry yourself communicates a wealth of information to the world. This type of nonverbal communication includes your posture, bearing, stance, and the subtle movements you make.

**Gestures.** Gestures are woven into the fabric of our daily lives. You may wave, point, beckon, or use your hands when arguing or speaking animatedly, often expressing yourself with gestures without thinking. However, the meaning of some gestures can be very different across cultures. While the OK sign made with the hand, for example, conveys a positive message in English-speaking countries, it’s consider offensive in countries such as Germany, Russia, and Brazil. So, it’s important to be careful of how you use gestures to avoid misunderstanding.

**Eye contact.** Since the visual sense is dominant for most people, eye contact is an especially important type of nonverbal communication. The way you look at someone can communicate many things, including interest, affection, hostility, or attraction. Eye contact is also important in maintaining the flow of conversation and for gauging the other person’s interest and response.

**Touch.** We communicate a great deal through touch. Think about the very different messages given by a weak handshake, a warm bear hug, a patronizing pat on the head, or a controlling grip on the arm.

**Space.** Have you ever felt uncomfortable during a conversation because the other person was standing too close and invading your space? We all have a need for physical space, although that need differs depending on the culture, the situation, and the closeness of the relationship. You can use physical space to communicate many different nonverbal messages, including signals of intimacy and affection, aggression or dominance.

**Voice.** It’s not just what you say, it’s **how** you say it. When you speak, other people “read” your voice in addition to listening to your words. Things they pay attention to include your timing and pace, how loud you speak, your tone and inflection, and sounds that convey understanding, such as “ahh” and “uh-huh.” Think about how your tone of voice can indicate sarcasm, anger, affection, or confidence.

**How nonverbal communication can go wrong:**

What you communicate through your body language and nonverbal signals affects how others see you, how well they like and respect you, and whether or not they trust you. Unfortunately, many people send confusing or negative nonverbal signals without even knowing it. When this happens, both connection and trust in relationships are damaged, as the following example highlight:

Jack believes he gets along great with his colleagues at work, but if you were to ask any of them, they would say that Jack is “intimidating” and “very intense.” Rather than just looking at you, he seems to devour you with his eyes. And if he takes your hand, he lunges to get it and then squeezes so hard it hurts. Jack is a caring guy who secretly wishes he had more friends, but his nonverbal awkwardness keeps people at a distance and limits his ability to advance at work.

**How to improve nonverbal communication:**

Nonverbal communication is a rapidly flowing back-and-forth process that requires your full focus on the moment-to-moment experience. If you’re planning what you’re going to say next, checking your phone, or thinking about something else, you’re almost certain to miss nonverbal cues and not fully understand the subtleties of what’s being communicated. As well as being fully present, you can improve how you communicate nonverbally by learning to manage stress and developing your emotional awareness.