**Communications Worksheet**

Watch the following video TED Talk, “[You are Contagious](https://www.youtube.com/watch?v=cef35Fk7YD8&t=246s)”:

After watching the video, please answer the following questions (answers can be from one word to one sentence in length)

1. What are the 3 ways we can be contagious?
   * + Nonverbally
     + Verbally
     + Emotionally
2. When we first look at someone, where do we look first?
   * + As per the research people in generally looks at the “Hands”
3. In the most viewed TED Talks, speakers used more *\_\_\_\_\_\_\_\_\_\_\_\_* when compared to less viewed TED Talks?

* Hand Gesture.

1. True or false: Our brains give more weight to hand gestures when compared to verbal words?

* True.

1. Can we “catch” emotions?

* Yes, we Can catch emotions by smells, facial expressions, voices, hand gestures.

1. What is the facial feedback hypothesis?

* Where Face causes the Emotions are called the facial feedback Hypothesis.

1. True or False: We can hear micro-expressions (happy, angry, sadness, etc.) in a person’s verbal speech?

* True.

1. Instead of conversation starters like “what do you do?” and “where are you from?” try conversation starts that prompt people to look for excitement, triggering dopamine. What conversation starter will you use to generate excitement?

* Working on anything exciting these days?
* Have any vacations coming up?
* Anything good happened today?