**Homework task 3**

The importance of non-verbal communication

Expressing yourself is the most important thing a person can do. Expression can be verbal and non-verbal. So what’s the difference?

Of course it is important to express ourselves with words but, body language is also the important part of an expression.

For example when a person is going on an interview, body language is as important as what the employee has to offer.

Using body the right way can boost up your confidence and can help you express the word that you’re trying to say better.

Many people don’t know but body language can contribute to one’s success in a job interview for an example, or if you know how to read body language you can easily know if someone likes you when you go on a date.

I don’t know how or when I learned to pay attention to someone’s body movement but I know for example when a person likes you how they act and stuff.

Also knowing body language can help you see if someone’s lying or not. If they don’t look at you straight in the eyes that can be a sign of someone lying, or if they look around, that could mean someone is thinking at that particular moment while they are talking to you.

Knowing body language is good, and it can only help you in some matters.

Also there are two types of body languages.

Open body language, and closed.

The definitions are transparent: ‘open’ body language makes you look like an open, accepting and friendly person, and ‘closed’ body language makes you look reserved, distant and unwelcoming.

When you want people to be attracted to you, use open body language. When you want people to go away, use closed body language.

At the end of the day, knowing to “read” body language is cool, and can help you in life, but also trying to “pose” or to keep our posture is very important in certain events.