

Decoding Body Language

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What is Body Language?

- Refers to non-verbal signals that we use to communicate
- Non-verbal signals make up **65%** daily communication
- Understanding body language can help improve communication with others

Signs of Body Language

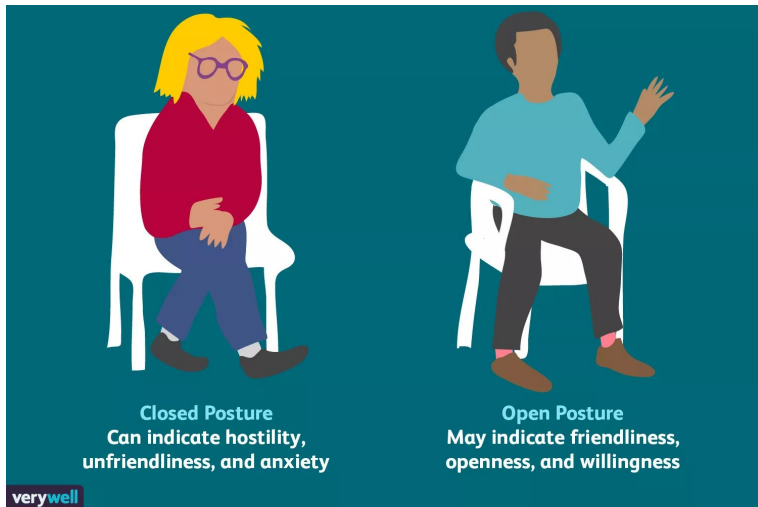
How they are using their arms to convey information?



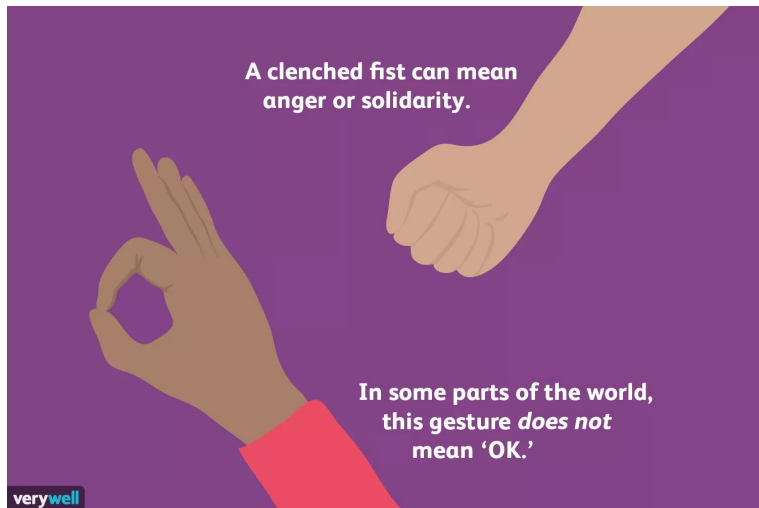
Types of Body Language

- Posture: the way you hold yourself, such as rest head in one hand
- Gestures: movements of the arms, legs, hands, and head
- Eye contact: wink, gaze, blink
- Space and distance: degree of intimacy and individual acceptance
- Touch: shake hands, rest arm on shoulder, pat head
- Voice: silence, uh...
- Facial expressions

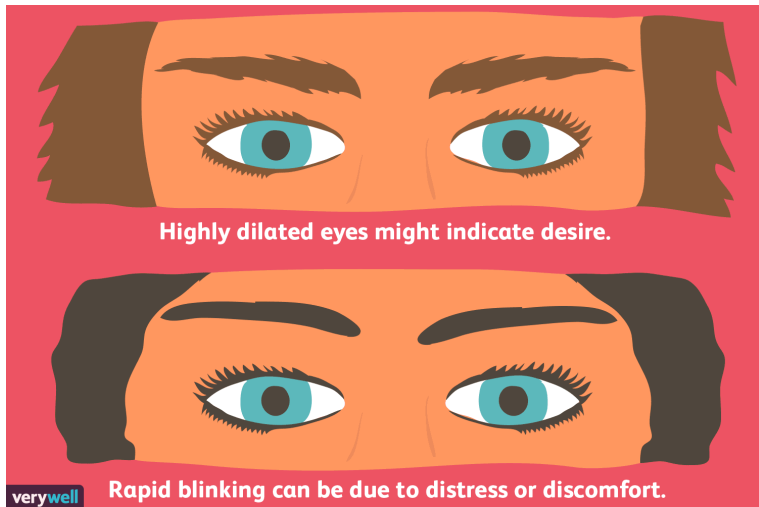
Posture



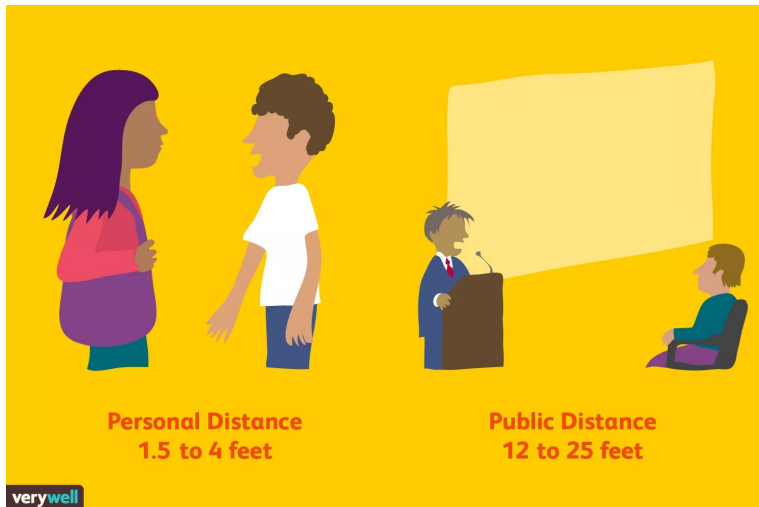
Gesture



Eye Contact



Space and Distance



Touch



Tone of Voice



Facial Expression



Read Body Language

How to tell someone is lying based on body language?

- Avoid eye contact
- Display mannerisms that they don't usually display
- Use non-dominant hand to emphasise statements
- Shifty eyes
- Be slightly off balance
- Tilt head while talking to you
- Smirk instead of smile
- A different blink rate
- Itchy nose

End

Thank you!

