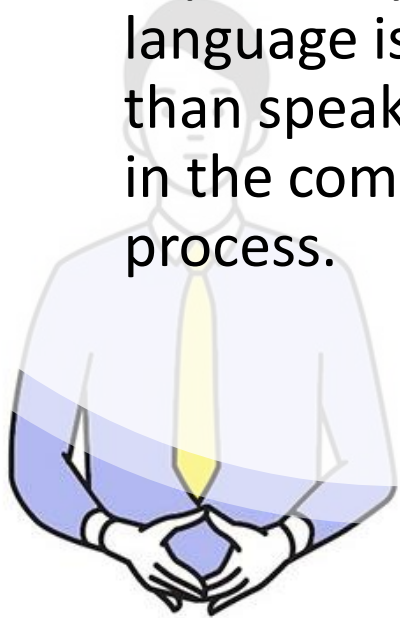


Body Language



Body Language

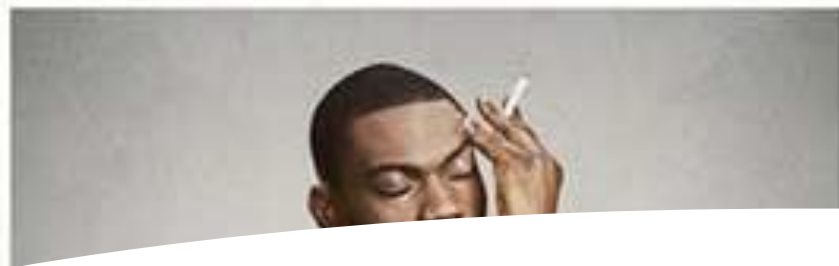
- Do you know that your body language plays a huge role in communication?
- Experts say that body language is more important than speaking and listening in the communication process.





Body Language

- For a correct communication, we should also use our body language correctly and read the body language messages of the people in front of us.



Body Language

- Body language is non-verbal communication that people do with their mimics, gestures and bodies.
- In fact, body language is a method by which we can convey our feelings and thoughts to the other side more accurately and clearly.



Body Language

Body language sometimes also expresses what you cannot say, and this is a very nice feature.

What Are The Elements That Make Up The Body Language?



BODY
POSTURE



GESTURES



MIMICS



HAND
GESTURES



FOOT
MOVEMENTS



EYE CONTACT,
EYE AND
EYEBROW
MOVEMENTS



SOCIAL
DISTANCE

We wanted to share a few resources you can browse about body language:

- <https://www.verywellmind.com/understand-body-language-and-facial-expressions-4147228>
- https://www.mindtools.com/pages/article/Body_Language.htm
- <https://www.scienceofpeople.com/body-language/>
- <https://www.psychologytoday.com/nz/basics/body-language>


- <https://www.verywellmind.com/understand-body-language-and-facial-expressions-4147228>
- https://www.mindtools.com/pages/article/Body_Language.htm
- <https://www.scienceofpeople.com/body-language/>
- <https://www.psychologytoday.com/nz/basics/body-language>



- <https://fremont.edu/how-to-read-body-language-revealing-the-secrets-behind-common-nonverbal-cues/>
- <https://www.healthline.com/health/body-language>
- <https://time.com/5321644/body-language-mistakes-work-experts/>

- <https://www.skillsyouneed.com/ips/body-language.html>
- <https://lifehacker.com/how-to-read-body-language-to-reveal-the-underlying-truth-5852572>
- <https://www.webmd.com/sex-relationships/ss/slideshow-body-language>



A hand holding a red stopwatch against a teal background. The stopwatch has a white face with teal tick marks and a red hand. The hand is rendered in a simple, flat style.

See you
with new
content

#stayhome

