



## Module IV. SOFT

Interpersonal  
Skills  
Course

**Topic 4.** Communicate  
with others

**Lesson 2**  
**Body Language**



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## IN THIS LESSON, WE WILL LEARN TO...



**1. INTERPRET THE BODY LANGUAGE** used by interlocutors and detect the hidden messages that are transmitted.

**2. CONTROL THEIR OWN BODY LANGUAGE** to make it correspond to the message that they really want to deliver during a talk.

**3. INCREASE THEIR CAPACITY TO ATTRACT ATTENTION** from audience and convince thanks to coherence between the speech and the gesture.



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# 1. MAIN ELEMENTS OF BODY LANGUAGE

We propose here a brief illustrated summary of the main elements of body language as presented by VeryWell mind, a review specialised in psychology

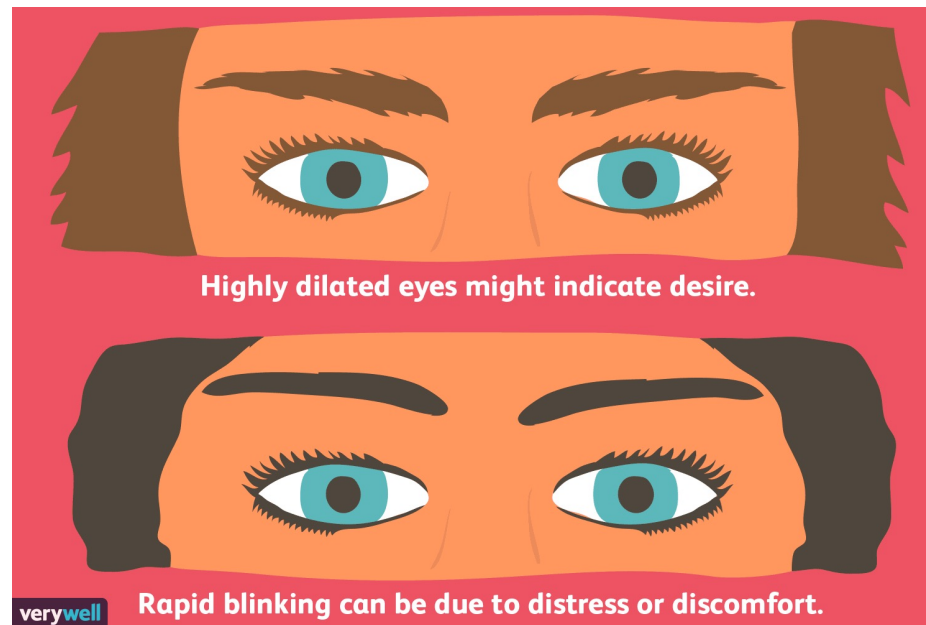
## FACIAL EXPRESSION



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# 1. MAIN ELEMENTS OF BODY LANGUAGE

## EYES



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# 1. MAIN ELEMENTS OF BODY LANGUAGE

## MOUTH



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# 1. MAIN ELEMENTS OF BODY LANGUAGE

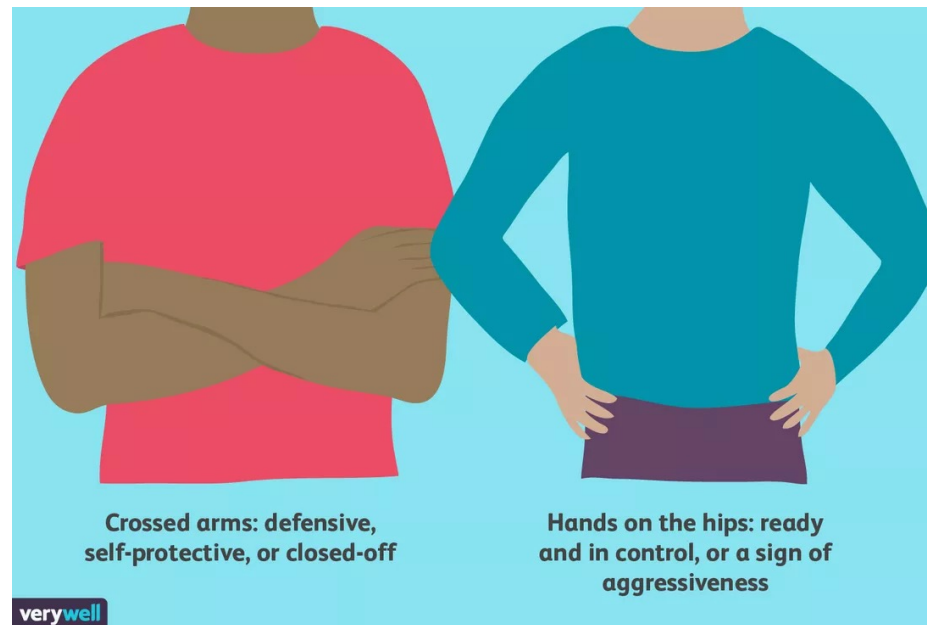
## GESTURES



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# 1. MAIN ELEMENTS OF BODY LANGUAGE

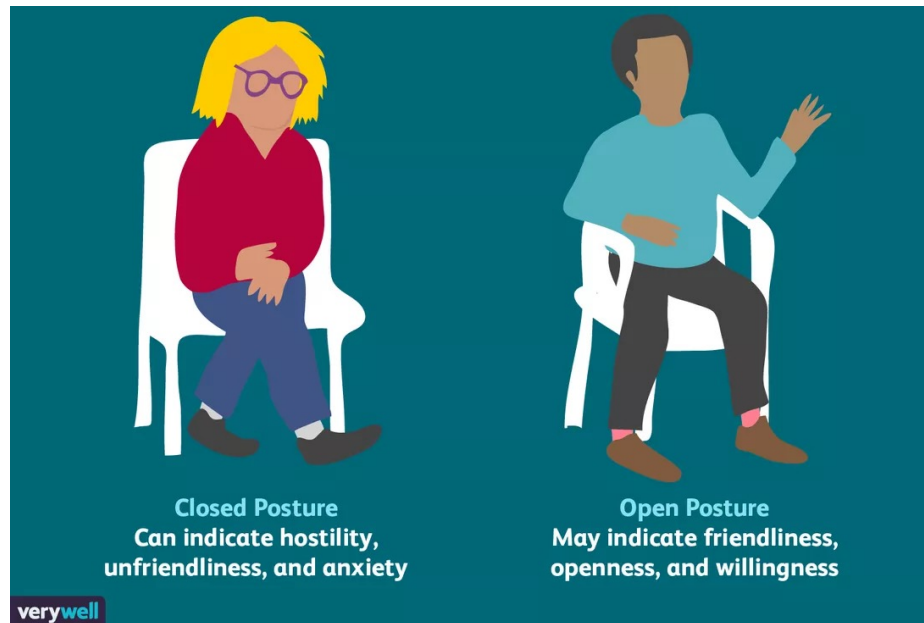
## ARMS AND LEGS



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# 1. MAIN ELEMENTS OF BODY LANGUAGE

## POSTURE

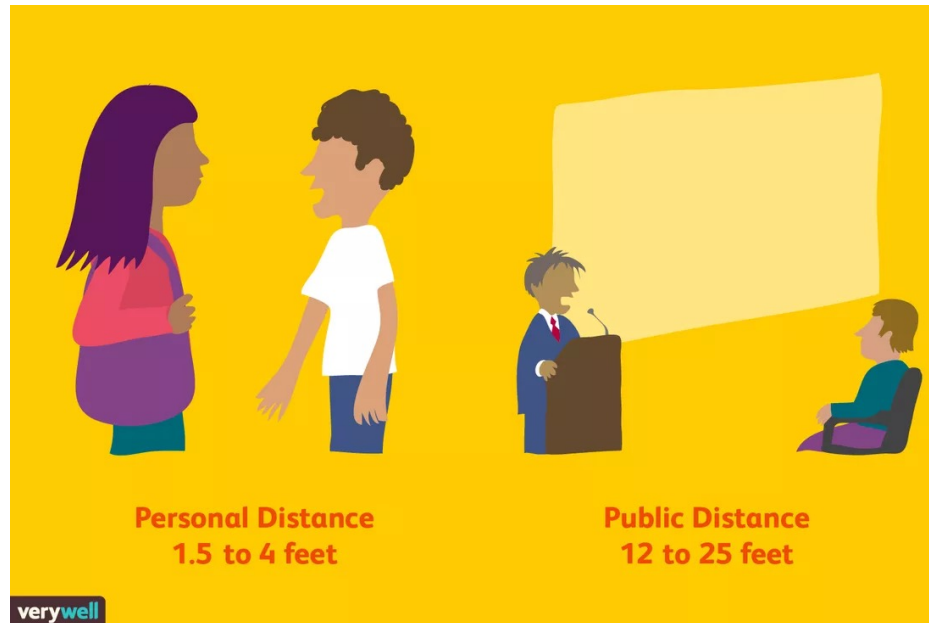


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# 1. MAIN ELEMENTS OF BODY LANGUAGE

## DISTANCE



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## 2. IMPROVING BODY SIGNALS

**THE NON-VERBAL COMMUNICATION THUS INCLUDES A WORK ON BODY LANGUAGE.**

It is a competence that can be improved over time, as a result of conscious work on the signals received and sent.



**FOR EXAMPLE:**

A shy person might need additional effort to establish eye contact but will learn that a correct eye contact with the interlocutor will create trust and confidence in the dialogue, while when people fail to look others in the eye, you would interpret that they are trying to hide something.



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### 3. MATCH THE BODY LANGUAGE TO THE VERBAL COMMUNICATION

**WE ALL TEND TO REVEAL INCONSCIOUSLY OUR TRUE OPINION THROUGH OUR BODY LANGUAGE**

Thus, you should:



Try to **control** those little **nervous** knock that you might have and limit them to the minimum.



**Talk frankly** and tell honestly what you think, your gesture will thus naturally follow your speech in accordance.



Make a conscious effort to adopted while talking and try to observe if it really stick to what you are saying.



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# CONCLUSION



Properly matching the body language to the speech will help delivering strong and convincing messages that will support our daily interpersonal communications.



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