

Activity

Non-verbal communication - developing the skills

Purpose

To heighten your awareness of your own non-verbal communication.

Description

A structured reflection on your non-verbal communication.

Instructions

Part 1

The next time you watch an interview on the television, look out for:

- how the interviewer holds their head and body;
- their facial expressions;
- how they shift their posture when they hear something they disagree with or disapprove of;
- non-verbal paralinguistic noises.

You might like to try turning off the sound and concentrating purely on what you see.

Put yourself in the interviewee's place and notice the effect the interviewer's non-verbal behaviour has on you.

Part 2

The next time you are having a significant conversation with a learner, take a few seconds to think about:

- how you are holding your head and body;
- your facial expression;
- how you change your posture when you hear something that troubles you;
- how you change your posture when you hear something to celebrate;
- how comfortable you are with allowing silences;

- whether you are using paralinguistics in a neutral way to encourage learners to continue talking – or if your non-verbal sounds express judgement or disapproval.

Being more aware of what you do and do not do is an important stage in building positive and productive non-verbal skills.