

NON VERBAL COMMUNICATION

A) WHAT DO THESE WORDS MEAN TO YOU?

Natural Eye Contact: _____

Emotion: _____

Nonverbal communication: _____

B) WHY IS IT IMPORTANT TO “STAY IN THE FRAME” WITH OUR CONVERSATION PARTNER?

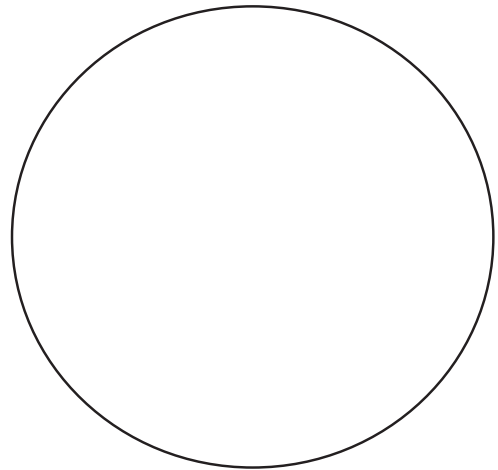
C) WHAT DOES IT MEAN TO “MATCH” AND “MANAGE”?

D) GIVE AN EXAMPLE OF WHEN IT WOULD BE IMPORTANT TO “MANAGE” AND NOT “MATCH” OUR CONVERSATION PARTNER

E) FILL IN YOUR COMMUNICATION CIRCLE

Color the circle to the right to show how much of our communication comes from our:

- a. Body Language. Color this section yellow.
- b. Tone of Voice. Color this section red.
- c. Words. Color this section blue



F) WHAT IS THE MOST IMPORTANT KIND OF COMMUNICATION THAT WE CAN HAVE WITH OUR CONVERSATION PARTNER?

Circle one of the choices below and then write down why you feel this way.

- a. Communication from electronics (i.e. texting, emailing, etc.)
- b. Face-to-Face Conversations

I feel ... _____
