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## Body language ppt with pictures

1 BODY LANGUAGE 2 WHATS YOUR BODY TELLS YOU? BODY LANGUAGE: GESTURES, POSES, MOVEMENTS AND EXPRESSIONS THAT A PERSON USES TO COMMUNICATE. 7% VERBAL (TRANSMITTED THROUGH WORDS) 38% VOCALS (INTONATION, STEP, PAUSES, ETC.) 55% NONVERBAL (BODY LANGUAGE) 3 KINESICS PROXEMICS HAPTIC FIVE TYPES OF BODY LANGUAGE : VISUAL CONTACT OUTSIDE FACIAL EXPRESSION GESTURES AND GESTURES POSITION SPACE RELATIONS 4 PURPOSE FOR EYE CONTACTS WHICH SHOWS INTEREST AND ATTENTION, INVITING AND CONTROLLING INTERACTIONS DOMINANT, THREATENING, INFLUENCING OTHERS, PROVIDING FEEDBACK DURING BROADCASTING, REVEALING THE ATTITUDE OF 5 TOO MUCH EYE CONTACT: DOMINANTS, LACK OF RESPECT, THREAT, DESIRE TO OFFEND, TOO LIL EYE CONTACT : OBLIVIOUS, IMPOLITIBLE UGLY, SHY, EYE DRAIN ; FEED SIGNAL. 6 MAY FACE TALKING???? HAPPINESS SORROW DISSATISFIED WITH ANGER FEAR INTEREST 7. SOME COMMON SHOULDER GESTURES SHRUG MY SHOULDERS: I DON'T KNOW, PUFFY BREASTS : PRIDE OR ACHIEVEMENT. SUCKING MY STOMACH: I'M NOT AS THICK AS I LOOK FINGER CROSSING: EYE PROTECTION RUB: AVOIDING EYE CONTACT , LYING NOSE TAPPING: MIND YOUR OWN BUSINESS THUMBS UP: LUCK, WINNING RUBBING YOUR PALMS TOGETHER: POSITIVE EXPECTATION THUMB AND FINGER FRICTION: PLAYING MONEY HANDS CLENCH TOGETHER : SURE 8 COOL HANDS: DISAPPOINTED, REQUESTHANDS IN THE POCKET : HAND AGGRESSION ON THE HIPS: AGGRESSIVE,REACHING CHIN POSITION STROKING: MAKING A DECISION MOUTH GUARD: SUPPRESSION OF DECEPTIONBIG WORDS,TELLING UNTRUTHS, 9 POSES AND POSITION STANDING LYING LYING DOWN 10 SOME COMMON SAGGING POSES : DEPRESSIONFORWARD LEAN : POSITIVE ATTITUDE BACK SKINNY: NEGATIVE ARM ATTITUDE FOLDED ACROSS THE CHEST: DISLIKE HANDS HELD LOOSE: OPEN POSITIVE ATTITUDE OF VERTICAL POSTURE: HIGH STATUS, 1 BOSS BOW HEAD: LOWER SELF-WRAPPING STATUS: WITHDRAWAL, SELF-DEFENSE MODERATELY VERTICAL RIGHT: ENTHUSIASM, FRIENDLINESS 11 PROXEMIC REACTION TO INVASION WHEN YOU INVADE MY COSMIC REACTIONS TO INVADING YOUR SPACE: FEEL RESTLESS GETTING DEFENSIVE BECOME AGGRESSIVE REVENGE 12 HAPTICS BODY CONTACT: RANDOM TOUCH: DELIBERATE TOUCH TYPES: FUNCTIONAL SOCIAL GENIUS PASSIONATE 13 KINDS OF TOUCH DEPENDS ON VARIOUS FACTORS, WHICH PART OF THE BODY TOUCHES (VOLUNTARY/INVOLUNTARY) HOW LONG A TOUCH OF PROLONGED PRESSURE IS USED MOVEMENT AFTER CONTACT MOOD WHEN TOUCHING THE RELATIONSHIP BETWEEN TWO PEOPLE 14 TYPES OF HANDSHAKE HARD HANDSHAKE : EQUALITYDEAD FISH HANDSHAKE: WEAK NATURE AGGRESSIVE HANDSHAKE POLITICIZED HANDSHAKE PALM DOWN: DOMINANCE PALM UP: PRESENTING PISTE GRINDER: AGRESSION FINGER TIP GRAB: KEEP A CONSIDERABLE DISTANCE HAND PULLING: INSECURITY 15 DOUBLE HAND HANDSHAKE GRIP: CONVEYS A SENSE OF SHOULDER HOLD: PENETRATES THE INTIMATE ZONE 16 HOW TO BE ATTRACTIVE EYE CONTACT FACIAL EXPRESSION MOVEMENTS HEADWIFE PROXIMITY TO BODY CONTACT APPEARANCE AND PHYSIQUE TIMING AND SYNC LinkedIn para radiating cookies the functionality and performance of our Web, así como para ofrecer publicidad relevante. Si continúa navegando por ese sitio web, aceptas el uso de cookies. Consult Política de privacidad y nuestras Condiciones de uso para más información. Body LanguageDefinity Body Language Language Is Language, transmitted by gestures and extracurricular representations about body language • Is an important and decisive factor in the transmission of the message • Provides information about a person's character, emotions and reactions Body language:Movement is the original and most intense means of expression and willPromovation is the starting point of perfection human behaviorMany can stop speaking - but he can not stop communicating with his bodyNever-verbal characters four times more effectively than VERBAL people have some knowledge of the vocabulary of body symbolsNewerb signs grabbed instinctively and directlySyged, radiated unconsciously, always telling the truth of Gestura is a direct and indescribable expression of personalityEach gesture synthesizes plural content, both conscious and unconsciousUsing moves the way he or she is, and this is how he or she movesNew language is a sensory process in terms of view of perception and issueNo more signals we are consciously trying to perceive and understand , the more accurate will be our interpretation of human behaviorIt is necessarily those persons who live in the awareness of their bodies, will be able to maintain sensitive contact with their surrogatesThree feelings are accustomed • interpret the outside world: • Vision (visual person, 55%) • Hearing (auditory person, 15%) • Touch (kinetic person) , 30%) • Each person has the prevailing • meaningScientific words 7: I admit I made a mistake 6 most important words : You have done a good job 5 : Tell me, what do you thinkDetermine words : Do me a service 3 most important words : Thank you very much The most important word : We are the least important word : I Territorial needs • Everyone has a defined area of the body, territory, and a personal space called the body buffer zoneMasking • The method by which we control our body, so that it will not send messages that our mind wants to hidePosture • Posture is not just a way to punctuate the conversation but it's also the way people relate to each other when they're in a group. Posture Species Inclusive or Non-Inclusive Face-to-Face or Parallel Congruent or IncongruousClation or Non-Inclusive • These terms describe the way in which group members include (or exclude) other peopleface-to-face • Posture when two individuals are related to each otherCongruent - incongruous • This applies to of the group members to emulate each otherParts of body and body languageAdditional movements include: Mimic Eye Movement Movements include: Arms Legs All BodySyth gestures. Examples of Doubt: we raise eyebrows Scratches of the nose: puzzledHolding eye contact Interest / curiosity Showing the palms of their hands Inviting confidence Covering the mouth when talking Insecurity Not wanting to show feelings; or lies Avoid eye contact when talkingRecommending • Greetings: good starting point (show openness) • Do not blink constantly • Try to keep a straight look and make eye contact with the people you're talking from • Don't bite your lips and don't moiste their tongueRecommendations (Continued) • Always keep your mouth shut, while you are listening • Keep the appropriate position and avoid constant sudden movements • Control hand movements and keep them visible • Don't let any object come between you and your audienceRe recommend (Continued) • Try to integrate with your audience and tailor your clothes to your social, economic and other characteristics • Do not cross your hands over your chest • Do not cover your mouth with your hand during the speech • Maintain a relaxed posture. He, who does not understand the appearance, will not understand the long explanation of either the Arabic proverb 1. Body language 2. What is body language? Education language is non-verbal communication related to body movement. People in the workplace transmit a lot of information, not even - through gestures, posture, expressions, etc. 3. 7% VERBAL (Transmitted through words) 38% VOCAL (intonation, step, pause, etc.) 55% NON VERBAL (body language) Body language includes gestures, poses, movements and expressions that a person uses to communicate. 4. Why body language is so important? People remember more what they see than what they hear. Long after meeting, we've most likely forgotten the exact words someone used, but we can keep a vivid image of one person's facial expression. 5. What we are trying to deliver by verbal means may not be quite like what we deliver from our non-verbal means. 6. It is believed that when verbal and nonverbal signals contradict each other, nonverbal signals are more likely to be believed. Body language speaks even when you're not 7. Facial expression • Eye contact • Gestures •Posture and position •Communication space •Touch communication of body language KINESICS PROXEMICS HAPTICS 8. Kinesic Studies body movements to judge the internal state of emotions expressed through different parts of the body. Interpretation of expression Sideways View Suspicion Constant Eye Contact Active Listener No Eye Contact Disinterest Curtain Eyes Boredom 9. Facial expression Tells you a lot about feelings. When you say more than any other part of the body, your face will most clearly communicate your attitude, feelings and emotions.. 10. Eye contact • Information • Display of attention and interest • Invitations and control of interaction • Dominance, threats, influence on others • Providing feedback during speech • Revealing the attitude of the eyes is so transparent that through them a person sees the soul. 11. Gestures Notice as you sit, how you stand, how you use your arms and legs, what you do while talking to someone. One they point to your identity! 12. BE AWARE OF YOURSELF! What you do can be interpreted in several ways, depending on the setting and who you're talking to. Some common interpretations of body language and often more effective ways to communicate with your body. 13. BODY LANGUAGE NONVERB BEHAVIOR INTERPRETATION Lively, straight walk Confidence Standing hands on hips Readiness, Aggression Sitting with crossed legs, legs slightly bored Sitting, legs apart Open, relaxed arms crossed on the chest Protectiveness Walking with your hands in your pockets, shoulders flailing Dejection Hand to cheek Evaluation, thinking touchingly, slightly rubbing nose Denial, doubts, lying rubbing eye Doubts, disbelief Hands clamped behind his back Head resting in hand, eyes down Boredom rubbing hands Foreboding Sitting with his hands clamped behind his head, legs crossed Confidence, advantage Open palm Sincerely, openness, innocence Pinching the bridge of the nose, eyes closed Negative assessment Tapping or drum fingers Impatience Pointing fingers Authoritative patting/caresses of hair Lack of confidence Insecurity Tied Head Interest Stroking Chin Trying to Make a Decision Looking Down, the face turned away disbelief Biting nails Insecurity, nervousness Pulling or tugging at ear Indecision 15. CONFIDENT LOOK 16. STRESSED AND STRETCHED BODY LANGUAGE SPEAKS! 17. SMILE Mahatma Gandhi also noted that: You are not fully clothed until your face is wearing a SMILE. 18. KEEP SMILING, EVEN IN DIFFICULT SITUATIONS. IT DOESN'T COST MONEY JUST STRETCHING YOUR FACIAL MUSCLES! JUST GIVE AN INNOCENT REAL SMILE Smile is the best in BODY LANGUAGE that anyone can project, beware of a fake smile that is very easy to recognize. 19. Do's and Donts How do I know what I'm doing right or not .....???? ... OR What is my body language like !!!!! Let's find out. 20. Have eye contact but do not see If there are a few people from whom you speak, give them all eye contact to create a better connection and see if they are listening. Keeping too much eye contact can creep people in. Not giving any eye contact can make you seem unsafe. 21. Nod when they talk - Nod once in a while to signal that you are listening. 22. Do not cross your hands you have probably already heard that you should not cross your arms, as this can make you seem defensive or guarded. 23. Do not be afraid to occupy some space by taking up space, such as sitting or with your feet apart signals a little about self-confidence, and that you are comfortable in own skin. 24. Relax your shoulders When you feel tension, it easily winds like tension in your shoulders. They can move up and forward a bit. Try to relax. Try loosening by shrutting your shoulders a little and pushing them back a little. 25. Sitting posture 26. Don't sit straight, but in a relaxed way, not in too tense fashion. PRACTICE 27. Don't touch your face It can make you seem nervous and can distract listeners or people into conversation. 28. Keep your head up Don't keep your eyes on the ground, it can make you seem insecure and a little lost. Keep your head straight and have eye contact. 29. Use your hands more confidently Instead of fidgeting your hands and scratching your face, use them to communicate what you're trying to say. Use your hands to describe something or add weight to the point you're trying to make. 30. Try to avoid, phase out or turn fidget movement and nerve mites such as shaking your leg or tapping your fingers quickly against the table. Don't fidget 31. Keep a good attitude Last, but not the last, keep a positive, open and relaxed attitude. How you feel will go through in your body language and can make a big difference. 32. Proxemic nonverbod exploration of space and distance. It's embarrassing if the more we move backwards, the more the other person goes forward. Let people have their own personal space, do not invade. It. 33. Territory Inimative To 6-18 In 11/2 to 21/2 feet Far - 21/2 to 4 1/2 Social Close 1-6 feet A 2-12-footare Infficial Close - 12-25 feet Far - 25 feet or more 34. HAPTICS A good contact: Doty; Touch chips: functional • social • ingenious • passionate 35. Indicates to look smart and attractive View • facial expression • head movements • gestures • posture • intimacy • contact with the body • appearance and physique 36. You can change your body language, but like all new habits, it takes a while. And if you try to change too many things at once, it can become confusing and feel overwhelming. Overwhelming.

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