Life Skills
(Non-Verbal Communication)

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NON VERBAL COMMUNICATION

Spoken words
7%

Non Verbal
55%

Tone of voice
38%
When you say a Lie.........!!!
Different ways of Non-Verbal communication

1. **POSTURE**: (indicates personality and mood)
   Generally, an upright position while standing up, sitting, or walking is a sign of attentiveness and confidence, while a downward position is a sign of fatigue, boredom, or low confidence
Different ways of Non Verbal communication (contd)

2. **GESTURE**: (movement by our hands, face, or some other body part)

- Waving “hi” with our hand when we first see someone.
- Giving a thumbs up when someone does something good.
- Making an “okay sign” when we give someone permission to do something.
- Nodding “yes” or shaking our head “no.”
- Making a clenched fist when threatening someone.
3. **Facial expressions**:
Navarasa by Guru Kalanilayam Gopi Ashaan

- Srunkaram – Amour / Romance
- Haasyam – that provokes laughter / Ridicule
- Karunam – Sorrow / Pathos
- Veeram – Valour
- Raudram – Anger / Wrath
- Bhayanakam – Fear
- Bheebalsam – Horror / Disgust
- Albutham – Surprise / Wonder
- Shantham – Peace / Tranquillity
3. **Facial expressions**:

- **Microexpressions**: a type of facial expression that happen unconsciously and only last between $1/25$ to $1/15$ of a second.
- They happen extremely fast, but if you learn to catch them they can reveal a lot about what a person is actually thinking or feeling – even when they are trying to hide something.
4. **Eye Contact:**

- **Eye contact is the main way we determine if a person is paying attention to us and actually engaged in the social interaction we are having with them**

- **Studies show that good communication requires eye contact about 60-70% of the time**
5. Breathing:

- Fast and heavy breathing is a sign of nervousness, or fear, or excitement, or joy.
- Slow and steady breathing is a sign of relaxation, or comfort, or boredom, or sadness.
6. Clothing and Hygiene

• Clothing and hygiene are another part of nonverbal communication that can reveal a lot about our moods and personalities.
7. Touch

- Touch provides a direct physical connection to other people. It often shows that we care about others and support them in some way.
Different ways of Non Verbal communication (contd)

6. Clothing and Hygiene

- Clothing and hygiene are another part of nonverbal communication that can reveal a lot about our moods and personalities.
Nonverbal Communication: Types (Categories)

• **Kinesics:**
  • involving body movement in communication
  • for example, hand gestures or nodding or shaking the head
Proxemics

• involving the physical distance between people when they communicate
• posture, how you stand or sit, whether your arms are crossed, and so on
Intimate space
Personal space
Social space
Public space
• **Touch or Haptic communication:**
  
  • Touching as nonverbal communication, and haptic communication refers to how people and other animals communicate via touching.
  
  • *Haptic communication describes how we communicate with each other through the use of touch*
What is CHRONEMICS?

- the study of the use of time in **nonverbal communication**.

- The way we perceive **time**, structure our time and react to time is a powerful communication tool, and helps set the stage for the communication process.
• **Attitudes toward time vary from culture to culture.**

• **Countries that follow monochronic time perform only one major activity at a time (U.S., England, Switzerland, Germany).**

• **Countries that follow polychronic time work on several activities simultaneously (Latin America, the Mediterranean, the Arabs).**
Cultural Differences in Attitudes Toward Time

- **U.S. persons** are very time conscious and value punctuality. Being late for meetings is viewed as rude and insensitive behavior; tardiness also conveys that the person is not well organized.

- **Germans and Swiss** people are even more time conscious; people of Singapore and Hong Kong also value punctuality.

- In **Algeria**, on the other hand, punctuality is not widely regarded. Latin American countries have a manana attitude; people in Arab cultures have a casual attitude toward time.

- **Indians**
Non-verbal communication

- Appearance & Adornment
- Use of Space (Proxemics)
- Use of Time (Chronemics)
- Touch (Haptics)
- Eye Contact & Facial Expressions
- Vocalics
- Body Language (Kinesics)
- Environment & Artifacts
Expert in Non-Verbal communication

Mr. Bean