



# BODY LANGUAGE SAYS MORE THAN WORDS: THE VISUAL ART OF CONVERSATION

Whether you realize it or not, you're constantly sending out your thoughts, attitudes, and intentions while you're speaking and even when you're not speaking. While words are powerful, body language, facial gestures and expressions can say even more.

Body language isn't something you typically think about. When you're talking to someone, you're likely not concerned with how you're sitting, if you're fidgeting, or how your head is angled. If you're a little anxious about what you're going to say next your face might be saying that you aren't really listening to the other person, or your brows could be showing dissatisfaction with what they're saying.

All people in a conversation send out these conscious and subconscious signals, which have an affect the mood and outcome.

## Teach your body to speak well

Our Body Language Says More Than Words workshop is designed to help create more productive conversations through awareness. We teach the key things to think about in your own posture, positioning, gestures and facial expressions, and how to read others in the room.

People who study body language have noted that they feel like they have more control over steering conversations, keeping harmony through difficult discussions, and getting the outcomes they desire.



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Say hello to better conversations.