

MONDAY NIGHT SOLUTIONS

BODY LANGUAGE:
SHALLOW OR SIGNIFICANT
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Non-verbal communication, Intuition, Eye contact. Does any of it really matter? You bet it does! Studies have shown that body language can actually contradict verbal communications. If someone were to say "I love you" with dead-pan face, flat voice, and arms folded tightly across chest, would you be inclined to believe that statement? It is as important to learn to interpret non-verbal clues as it is verbal ones. It also pays to look at your own non-verbal communication. Could you be sending out signals you don't intend? Join us for a crash course in body language. You'll discover it's not that shallow after all! MNS-708

OUTLINE

1. Communication 101

2. Why words aren't enough

3. The nonverbal part

4. Learning the language

Discussion questions:

1. How important has communication been to your relational life?
2. Have you ever missed the nonverbal cues and only listened to someone's words? What was the result?
3. What nonverbal cues are the most important to you?
4. What nonverbal cues do you need to become more skilled at reading?