

Why body language matters!

Threatening body language

Shallow, fast breathing
Tense face, body, and muscles
Threatening gestures (hands on hips, arms crossed, fingers pointed, leaning forward, arms up in the air)
Fast, frequent, & impulsive movements
Large, closed off body
Eyes squinted or wide open
Eyebrows arched downward
Mouth tight & straight or in a frown, pursed lips
Darting eye contact
Clenched jaw & teeth



Looks like

Sounds like

Monotone voice
Loud volume
High or low pitch
Sarcastic
Hostile or grumpy
Fast rate
Tense
Interrogating
Interrupting

Neuroception



Our brains constant evaluation of safety in our environment - done at a subconscious level. Threatening body language will activate our feeling brain because its job is to keep us safe.

The way your face & body looks and sounds will literally change someone's brain!

Nonthreatening body language

Normal breathing rate
Relaxed muscles
Inviting gestures (arms at sides or open, welcoming, gentle touches, hugs)
Smooth, predictable movements
Open, welcoming body
Below or at eye level
Neutral face
Smiles
Eye contact that is sustained, breaks away, then returns



Varied inflection
Appropriate volume for the situation
Not too fast or too slow rate
Warm & caring tone
Adequate wait time
Back and forth communication

Looks like

Sounds like