7 WAYS BODY LANGUAGE SABOTAGES YOUR COMMUNICATION

PROXIMITY GAP
Calling out or asking a someone a question from across the room shouts disrespect. This shows the person doesn’t warrant enough concern to walk up to him? No one wants to holler back?

THE SLOUCH
Slouching posture, hunched shoulders, and making yourself smaller says you’re tired, weary, or feel inferior.

CROSSED POSE
Crossing arms and legs looks like you are defensive, disinterested, impatient, frustrated or showing power.

THE WANDERER
Downward eyes, darting eyes, looking at the ceiling and looking over the other person’s shoulders show disengagement, avoidance and lack of confidence.

DRAMA FACE
Grimaces, twisting lips, and biting lips make others question if you’re holding back a negative retort.

BACK TURNING
Turning your back to a person shows disregard as if the person isn’t important.

MAGICIAN HANDS
Now you see them, now you don’t. Tucking hands into pockets, rolling them into a ball and fidgeting hands makes one ponder what are you hiding?

CREATE CONFIDENT COMMUNICATION
with Sales Trainer
Mj Callaway

724-396-4162
www.MjCallaway.com

©2016 Mj Callaway