

Non verbal communication



IN ALL INTERACTIONS WITH OTHERS,
WE COMMUNICATE NON-VERBALLY
– IT CAN'T BE HELPED.
WHAT DO YOU COMMUNICATE NON-
VERBALLY TO YOUR SUPPORT
NETWORK? HOW? WHAT CAN YOU
DO ABOUT IT?
BE CONSCIOUS OF YOUR NON-
VERBALS!



IN WHAT NON VERBAL WAYS DO YOU COMMUNICATE?

WHAT DO OTHERS TELL YOU ABOUT THE NON VERBAL
WAYS YOU COMMUNICATE?



IN WHAT WAYS MAY MY NON VERBAL COMMUNICATION
HARM OR HELP RELATIONSHIPS?

MAY HARM

MAY HELP

NON VERBAL RESPONSES THAT I WANT
TO BE AWARE OF MOVING FORWARD

NON VERBAL RESPONSES THAT I WANT TO USE
MORE OFTEN TO BUILD RELATIONSHIPS

