

# Non Verbal Communication- Types

---

Body Language

Para Language

Space Language

Time Language

Touch Language

# Body Language

---

Face

Head

Eyes

Gestures

Shape of body

Postures

Personal Appearance

# Face

---

Face is the index of the mind

Words may conceal our feelings; but face can't

Muscles,eyebrows,forehead,wrinkles all speak

But don't wear your hearts on your sleeves all the time

(emotions should not be expressed every time)

A smile can do a lot in a f2f communication

# Head

---

Always hold your head high, It shows confidence

But too high, tilting slightly back is vanity

Too much close, forward lean is humility & modesty

Up & down thrust means understanding, acknowledge

Lateral movement means 'no'

# Eyes

---

Eyes don't lie, very important in interviews

Ocular contact is crucial in communication

Maintain consistent but not continuous

Excessive eye contact = gaze, embarrassing

Eye brows, lids also speak (raised eye brow = astonishment)

# Body shape & Postures

---

**Ectomorphic:** tall, bony-introvert, anxious, thoughtful

**Mesomorphic:** Strong muscles, beautiful body-courageous, competitive, assertive, adventure

**Endomorphic:** round & soft body- comfort loving, fond of eating, sense of humour

**Physically strong:** Aggressive

**Average built:** Gentle and soft spoken

# Postures

The way we stand and sit

---

Leaning too much on one leg = tired, lethargy

Sitting erect=confidence

Sitting erect, but tilted head back=vanity

Leaning sideways, backward= lack of interest,

Concentration

Leaning forward= listening, interested

# Postures

The way we stand and sit

---

Leaning too much on one leg = tired, lethargy

Sitting erect=confidence

Sitting erect, but tilted head back=vanity

Leaning sideways, backward= lack of interest,

Concentration

Leaning forward= listening, interested