

## **RELATIONSHIPS**

### **Non-Verbal Communication, it's powerful!**

Daily, people communicate with much more than words. Research shows that the majority of our communication is non-verbal. Non-verbal communication, or body language, includes the tone of our voice, gestures, facial expressions, eye contact, posture.

Good communication is the foundation of successful relationships, both personally and professionally. The ability to understand and use non-verbal communication is powerful tools that will help you connect with others, express what you really mean, navigate challenging situations, and build better relationships at home and work.

If you are serious about improving your relationship skills observe how many non verbal messages impact your daily interactions.

Louder than words!

Often it is our non-verbal communication that sends louder messages than the spoken word. As we interact with others, we continually give wordless signals. The way we sit, how fast we speak, what we do with our hands, how close we stand, whether our shoulders are angled or direct, depending on cultures eye contact or no eye contact, crossed or uncrossed legs. The nonverbal signals you send either produce a sense of interest, trust, and desire for connection—or they generate disinterest, distrust, and confusion.

Many of you are aware of my ongoing study in Face Language (physiognomy). The human face is extremely expressive, able to express countless emotions without saying a word. And unlike some forms of nonverbal communication, facial expressions are universal. The facial expressions for happiness, sadness, anger, surprise, fear, and disgust are the same across all cultures.

Too often, we send negative non-verbal signals without even knowing it, and then wonder why the developing connection and trust are lost in a relationship.

Queen of her castle: Is this you?

Her castle is her domain whether that be the kitchen or the office?

I will give you a true life example:

After a luscious meal at 'her home' my partner offered to dry the dishes. Not having been to her home before he put the clean dishes onto a clear patch on the kitchen bench. Soon he was being directed to put the dishes in their allocated space and according to directions he did his best, shortly 'queen of her kitchen' began huffing and puffing, clicked her tongue and rearranged.

In aware of her dominant behaviour, I the observer was amused at the non-verbal antics.

Alone later that evening 'he' commented he would never ever offer to help in her kitchen again.

Unappreciative, bolshie behaviour! Is this one of the reasons why so many people yearn for close meaningful relationship and either don't attract or attract and push the other interested party away— in an endeavour to be perfect, to always be 'right', through inflexibility, are you pushing people away!

The way you listen, look, move, and react tells the other person whether or not you care.

The best way to understand non-verbal communication is to observe your own behaviour before judging another. They may unconsciously be mirroring you.

© **Sylvia Marina** 2011

In her Relationship program and Speak-Up Master Class Sylvia Marina opens awareness into the 'silent messages' we emit.

***Sylvia Marina** is a Professional Intuitive and Spiritual Educator. She specialises in helping people heal their body, emotional struggles, blocks, and fears. She has developed a series of programs to enhance Intuitive Awareness as well as CD's to uplift your energy and vibration. An experienced teacher and personal development mentor, her natural abilities are supported by her professional background in health and behavioural sciences and thirty year career as a professional kinesiology teacher and practitioner. Living in Perth, West Australia she runs her own private practice and mentor program and travels nationally and internationally to speak at events, present Creative Self Mastery programs*

*empowering people through times of change.*

Tel: +618 (08) 9457 3763 | E: [info@sylviamarina.com](mailto:info@sylviamarina.com) | [www.sylviamarina.com](http://www.sylviamarina.com)

The contents of this article may be copied, reproduced or freely distributed without the consent of the author provided the author's name, copyright notice and contact information are included.