

Body language




First thoughts

1. Why is body language important?
2. Do you notice the various types of body language in your daily life?

Your body language shapes who you are

Search for 'your body language shapes who you are' on Youtube. Watch the video shown in the picture below.

your body language shapes who you are

 **Your body language may shape who you are | Amy Cuddy**
TED 15M views • 6 years ago
Body language affects how others see us, but it may also change how we see ourselves. Social psychologist Amy Cuddy argues ...
CC



Vocabulary and expressions

<i>Contemptuous</i>	- Expressing deep hatred or disapproval
<i>Inference</i>	- A conclusion reached on the basis of evidence
<i>Chronically</i>	- In a persistent and recurring way.

Discussion

1. What are 'non-verbals'?
2. And what does it mean to 'complement each other's non-verbals'?
3. Describe the experiment created by Amy Cuddy and her team.
4. And what were the results (particularly on testosterone and cortisol)?
5. According to this video, what is more important: **what** you say or **how** you say it?

6. What particularly impressed you in this video?
7. Do you think body language is an issue for you or not?
8. Will you use any of the advice?
9. What do you think about the technique 'fake it till you make it'?

Amy Cuddy suggests that emoticons are the digital version of body language.

10. Do you use emoticons? How?
11. What is an example of an emoticon used well?
12. Are emoticons necessary in good, online communication? Or are they just childish?

