Updated 9 August 2020

Family Violence Workplace Support Program Manager Training Activities

Communication skills – Power of body language

Description: Participants follow verbal instructions from the facilitator whilst also following non-verbal instructions to explore how powerful non-verbal communication can be when delivering a message

Objective: Body language speaks louder than any words. Non-verbal communication can reveal your thoughts, moods, and attitudes. Both consciously and sub-consciously your body tells observers what’s really going on with you.

Materials: List of non-verbal actions (see below)

Directions:

1. Explain to the group that you are going to give them a series of instructions, which you would like them to copy as fast as they can

2. State the following actions as YOU do them:

• Put your hand to your nose

• Clap your hands

• Stand up

• Touch your shoulder

• Sit down

• Stamp your foot

• Cross your arms

• Put your hand to your mouth – BUT WHILE SAYING THIS PUT YOUR HAND TO YOUR NOSE

3. Observe the number of group members who copy what you did rather than what you said.

Discussion/Wrap up: Facilitate discussion on how body language can reinforce verbal communication, however it can also be stronger than verbal communication – it is important that we are aware of our body language in order to ensure we are projecting the right message.

Time: 5 minutes