

# How to Confidently Express & Receive Nonverbal Behavior

## ✓ Understand the Perspective of Others

When it comes to receptive nonverbal communication, see how others see the world. For instance, how are they feeling about their work, the decision made, or the process of what's going on.

## ✓ Understand How Others See You

As a new leader, getting feedback on how you appear to others can be huge. Instead of waiting for that feedback, be proactive and ask people what they see when they see you.

Ask them how you come across in certain situations: a formal meeting; when they knock on your door; as they walk up to you at your desk; at the lunch-line.

## ✓ You Can Observe a Lot By Just Watching

Guess the emotions in paintings and photographs. Notice people in public places and speculate what they are feeling or talking about. Turn down the sound of a television show or movie to decode the emotions of the actors on screen.

Understanding the emotions in art, television, or random people on the street, can really help you develop your skills in paying attention to others and deciphering the emotions of others.

And while you're at it, have a friend or trusted confidant do it with you. They can act as a "reality check" for what you think. Or, when there are differences of opinion, they can describe what they see that you don't, or what they don't see that you do.

## ✓ Get a Coach

Being coached or mentored by a friend, colleague, someone at work who has the reputation of being able to read the room as soon as he or she walks in, or a paid professional whose expertise is nonverbal communication, can help you out.

They will be able to pinpoint what exact problems you may have whether it's sending or receiving bad or incorrect nonverbal behaviors or signs.

