

BODY LANGUAGE MONITOR

Tragicomedy Mentorship Workshop

WHAT IS A BODY LANGUAGE MONITOR?

 bod·y lan·guage

/bādē ,laNGgwij/

noun

noun: **body language**

the process of communicating nonverbally through conscious or unconscious gestures and movements.

"his intent was clearly expressed in his body language"

 mon·i·tor

/mānədər/

noun

1. an instrument or device used for observing, checking, or keeping a continuous record of a process or quantity.

"a heart monitor"

Similar:

detector

scanner

recorder

security system

security camera



A body language monitor is someone who monitors body language...

In other words, it is someone who pays close attention to everyone's body language throughout the meeting. This can be the supporting role members, presenters, toastmaster of the day, table topics participants, or anyone in the meeting.

WHAT TO DO IN A MEETING:

Explain - - Monitor - - Report

Explain: 30 sec - 45 sec - 1 min

Monitor: Keep track on doc/email draft/notebook/etc.

Report: 30 sec - 45 sec - 1 min

WHAT SHOULD I MONITOR?

21 page long doc-- [Gestures: Your Body Speaks](#)

- Body movements
- Posture
- Gestures
- Facial expressions
- Eye contact

Note excellent uses and areas of improvement.

BODY MOVEMENTS & POSTURE

DOS

Self confidence

Mirror your feelings

Natural and conversational

Stand/sit straight (but not rigid)

Relax shoulders

Look up (but not uncomfortably)

Take deep and full breaths

DON'TS

Rocking, swaying, or pacing

Adjusting hair/clothing

Tapping fingers

Biting/licking lips

Turning head/eyes around

Frowning

WHERE? WHEN? WHY? HOW? GESTURES?

Descriptive Gestures: clarify,
enhance, visual

Emphatic Gestures: show
emotions

Suggestive Gestures: symbols of
ideas

Prompting Gestures: evoke
response

The statue was very **VAST** over
hundreds of stories **TALL**. I stood
there **AMAZED** at the sight. My
brother stood next to me:
SHRUG "What is so cool about
this?" Now let me ask you... have
you been to the statue of liberty?
RAISE HAND

FACIAL EXPRESSIONS & EYE CONTACT

- Mirror emotions from speech: surprise, fear, happiness, confusion, disgust, interest, disbelief, anger, sadness, etc.
- Avoid nervous and unrelated expressions
- Lessen nervousness
- Choose one person to communicate your speech to
- Determine how audience is reacting
- Shows that you are sincere and confident