



Why it Matters

Your body sends small non-verbal cues that can make people feel dismissed or unsafe. When your body matches your care, it builds trust and space for honesty.

Body Language to Notice and Shift



Leaning Back in Chair

Communicates: Disengagement or distance

Instead: Sit upright or lean in gently



Avoiding Eye Contact

Communicates: Detachment, discomfort

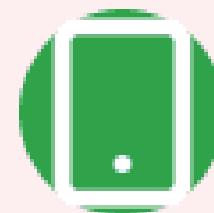
Instead: Use natural eye contact to show presence



Eye Rolling

Communicates: Frustration, judgment

Instead: Keep your face neutral and open



Device Checking

Communicates: Distraction, disinterest

Instead: Silence and set aside all devices



Crossed Arms

Communicates: Defensiveness, closed-off energy

Instead: Keep your arms open and relaxed



Turning Away

Communicates: Disinterest, dismissal

Instead: Face the speaker with an open posture



Sighing

Communicates: Frustration, impatience, or emotional withdrawal

Instead: Take a quiet breath and pause; let silence hold the space



Fidgeting

Communicates: Distraction, nervousness

Instead: Stay still and show calm interest



Glancing Around the Room

Communicates: Disinterest, lack of focus

Instead: Keep your eyes gently oriented toward the speaker



Clenched Jaw or Tense Shoulders

Communicates: Frustration, tension

Instead: Relax your jaw and drop your shoulders to signal openness



Face Touching

Communicates: Stress, fatigue, or disengagement

Instead: Keep your hands relaxed and away from your face



Foot Tapping

Communicates: Restlessness, impatience

Instead: Ground your feet and slow your breathing

