

Your Verbal and NonVerbal Skills



We all benefit from working on communication skills. You can never stop evolving in this arena. During an interview or presentation, think about these focus areas before walking in the room. Can you practice any of these prior to your talk?

- ☐ **Watch your speed** - can you record yourself using an app on your phone to listen to your speed to get used to how you sound? Record thoughts while you are out and about and in your flow mentally; in a good state of mind/well being. Then listen at another time. See what feedback you would give yourself?
- ☐ **Watch your tone** - same here, can you record yourself and use auditory reflection to see how you sound and whether or changing up your tone could be helpful to getting your point across?
- ☐ **Watch your gestures** - after listening to yourself, can you watch yourself to see how it all looks together?
- ☐ **Slow down in general** - I talk very fast and have to make mental notes to slow myself down. Most of my clients report picking up speed once excited, anxious or nervous. Also, speaking in front of your peers can be more difficult at times than in front of strangers. So trying different methods can bring confidence too.
- ☐ **Pausing is good** - throwing in some good pauses can be good practice. This may open up some places to interact with the group or the one interviewing you.

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