



Communication is key. But what kind of communication is key?

Communication comes in many forms - some verbal some nonverbal. I heard this recent stat that up to 93% of our message is conveyed through nonverbal behavior? That is quite a lot when you think about it in terms of 1) how many words we must waste or 2) just how powerful and long lasting our actions - whether we know we are doing them or not – are!

This month we will explore the impact of nonverbal communication - specifically body language. I have included a PowerPoint with some articles and ideas about the impact of body language on - not only athletes but us as well.

Check out the [PowerPoint](#) for some ideas or just click on the links below and enjoy. Whatever you do as always, if you have any questions or thoughts don't hesitate to email me [Lchancock@gmail.com](mailto:Lchancock@gmail.com)

- Communication - Body Language PowerPoint link here
- Here is the article on [Wayne Rooney's body language](#) during his much publicized transfer saga. Do you agree with their assessment? Do you have your own thoughts about his demeanor during portions of this transfer saga? I give a few pointers in the ppt for ways to look at this body language.
- Here is a video from Amy Cuddy called "[Your body language shapes who you are](#)". She makes a very interesting case for why body language actually shapes our thinking...and in doing so our behavior.