

BE AWARE OF NONVERBALS

How Unspoken Messages Make or Break Communication Within Teams



Use active listening to strengthen your communication with others.

Active listening is a skill that can help ensure team members are on the same page to prevent misunderstandings, leading to better conversations.



Types of Nonverbal Communication

- Facial Expressions
- Body Language/Posture
- Gestures
- Eye Contact
- Vocal Tone



DIRECTORATE OF PREVENTION, RESILIENCE AND READINESS

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