The Professor's Speech
Nonverbal Communication Workshop
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COMPONENTS OF NONVERBAL COMMUNICATION

Posture
Features to consider; upright/slumped; open/closed; balanced/imbalanced; symmetrical/asymmetrical

Gesture
Features to consider; expansive/contractive; sudden/sustained; direct/indirect; heavy/light

Facial Expressions
Prompted by six primary emotions, generally recognized as; anger, disgust, fear, joy, sadness, and surprise

Eye Movements
These can be identified by the '5 S' mnemonic: Search; Select; Switch; Sustain; Shut

Level of Muscular Tension
A degree of muscular tone is necessary to combat gravity! Excessive muscular tension, however, communicates mental tension to onlookers

Breathing
Features to consider; depth/shallowness, steady/irregular, and rapid/slow

COMPONENTS OF VOCAL EXPRESSION

Pitch
The variance between high and low sounds

Cadence
The rhythm of speech

Tempo
The pace at which you speak

Volume

Emphasis
The separation of words or phrases from the main body of speech

Timbre
The 'quality' of vocal sound

COMPONENTS OF GESTURE

These actions originated with work done by a movement theorist and choreographer called Rudolf Laban, famous for developing a system of dance notation. He identified different categories of movement:

WEIGHT	SPACE	TIME
Heavy	Direct	Sudden
Light	Indirect	Sustained

Selecting one 'quality' from each column gives you eight choices:

Heavy-Direct-Sudden describes a **PUNCH**

Heavy-Direct-Sustained describes a **PUSH or PULL**

Heavy-Indirect-Sudden describes a **SLASH**

Heavy-Indirect-Sustained describes **WRINGING** (wringing out a cloth)

Light-Indirect –Sustained describes **STROKING** (like stroking an animal)

Light-Indirect-Sudden describes **FLITTING** about.

Light-Direct-Sudden describes a **DAB** or **TAP**

Light-Direct-Sustained describes a **GLIDE**

VOCAL EXPRESSION EXERCISE

	LECTURE TEXT	MOVIE / MEAL / VACATION
Pitch		
Cadence		
Tempo		
Volume		
Emphasis		
Timbre		