

3 Exchanges of Communication, The Triad Tool

Two: Physiology Awareness – Oh my, Oh my!

FORCE 1

A Pattern of

How you use your physical body such as breath, posture, movement.

CONTROLLING MY TONGUE IS NO PROBLEM.

IT'S MY FACE THAT NEEDS DELIVERANCE!

55% OF your Communication ON ZOOM



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THE POWER OF STATE

55% Physiology

Breathing, facial expressions, gestures, matching and mirroring, posture

NOTES:

