



Attunement & Connection

Awareness of energetic changes and non-verbal communication

Many people having challenges putting feelings into words, however, taking the time to do so will often assist a person to view a matter with greater objectivity. Listen to your gut, your spidey senses, or intuition! Get connected by getting curious with conversational door openers! Speak to what is FELT not only what is on the surface.



*"Hearing is listening to what is said.
Listening is hearing what isn't said."*

Simon Sinek

Opportunities to attune:

Body Language that helps:

- Face the person you are speaking with
- Make eye contact (where culturally appropriate, no need to stare)
- Nod as you listen
- Lean in slightly
- Relax your body: uncross your arms and legs to display openness
- Hand on heart, communicates empathy
- Pay attention to facial expressions, as they serve as clues to a person's emotional state
- Not being behind a desk, as it can be a barrier

Body Language that hinders:

- Crossing arms or maintaining a rigid or closed off posture.
- Sighing or yawning
- Rolling eyes,
- Fidgeting
- Checking phone/computer/time
- Looking away
- Shaking head in objection
- Forehead in hand



REMEMBER! Facial expressions and eye movements communicate a lot! Remain mindful of how other emotions (and judgments) that inevitably sneak in, are conveyed. If we experience annoyance, anger, frustration etc. when listening to someone it is important that we tune in to how this is presented non-verbally as this could impede efforts and create disconnection with the person we are in service too.