

# WHAT ARE YOUR NONVERBALS SAYING ABOUT ?

Our words are important, but it's important to remember that so are our tones, gestures, pauses, expressions (called paralanguage), as well as our preparation and use of our tech during the video conference. Use this checklist list to consider the many nonverbal signals you are and aren't sending and receiving during video meets for classes and other professional scenarios.



## **PRO-TIP**

Set up a call with a friend or confidante to set yourself up for success!



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