

## Nonverbal Communication

Statistics show, that up to 90% of all communication is nonverbal. There are many categories and functions of nonverbal communications in the communication process. Nonverbal communication is more powerful than verbal. Nonverbal communication cues you of what's on the opposing other's mind by careful observations and interpretations.

Communication is the key to human existence; however, without communication there would be no organization. It has allowed us to grow, learn, build, and survive day to day. When talking to others we send messages which is received, decoded, and responded to accordingly. There is more to communication than just its verbal aspects. During conversations we all communicate, both verbal and nonverbal. By using both forms verbal/nonverbal essentially, helps people convey and support message being sent. Body language, tone, gestures, facial expressions and eye movement, all are typical types of nonverbal communication.

Nonverbal message corresponds in one of three ways: It replaces, reinforces, or contradicts a verbal message.

The longer you may have known someone the better you will adapt to what their nonverbal communication is saying. Nonverbal communication can be different depending on the person and their culture. Although verbal communication is more often straightforward, nonverbal allows others to sense the true emotions from the person expressing them. One best way to tell is to monitor their body language. Body language explains a great deal for every specific individual. It is beneficial to know how to read signs of nonverbal communication, to truly understand how someone maybe feeling or thinking.

At a young age, we are taught to learn how to communicate both verbally and nonverbally. Although nonverbal communication is not so easy to interpret and is often

misinterpreted; so the wrong message could be sent or understood. For example, hand signals can mean various things pending on many cultures. It is important to be aware of the different meanings of body language and pay more attention to it in our daily life.