

Assignment #2

“Your actions speak so loudly I can’t hear a word you say.” This old saying rings true, your message and your credibility rely not only on your words but also on the impact of your nonverbal communication.” (Lumsden & Lumsden, 2003)

Think about your non-verbal communication. Likely it varies based on where you are, who you are with, how you feel, etc.

- Describe its GENERAL overall quality.
- Does it differ when you are in a leadership role versus being a member of a group? Explain.
- To what extent are you satisfied with your non-verbal communication? Elaborate.
- How can you improve your non-verbal communication?
Provide insights from the Ted Talk by Amy Cuddy. Be very specific.