

How to Start a Conversation with 3 Super Body Language Tips

Using body language to enhance how you start a conversation can lead to great conversation. You do not have to say much just a look or a movement can speak volumes for you.

This is especially useful in situations where you can not seem to get a word in or where you are unsure of how to start a conversation.

Body language is a way to communicate without putting yourself at risk of saying something wrong. You probably already use body language, but do not even notice it. The following list shows the main points of body language that you should be aware of whenever you wonder how to start a conversation.

1. Eye use:

People say that they can learn all about a person through their eyes. It is probably the most used part of the body to communicate next to the mouth.

Your eyes can say many things, from rolling them to winking, you can display many messages with just your eyes. Sometimes you may be unaware of what your eyes are saying.

Be careful to not let your eyes say you are bored or not interested in a conversation. You should maintain good eye contact to let others know you are listening.

2. Body moves:

Everyone has said hello with a wave of the hand or shown a lack of patience with a tap of the foot or nodded in agreement.

Your hands, arms, feet and head can speak for in many cases. Crossing the arms, tapping the foot rapidly or putting your hands on your hips can all say things that might not be too good.

On the other hand, clapping, tapping your foot to music or extending a hand shake can say great things. Always be aware of what your body is saying.

3. Facial expressions:

Smiling can say more than words sometimes. You should be aware of your facial expressions at all times. You may frown and be unaware of it.

Facial expressions can often be misinterpreted. A serious look of concentration may be seen as disapproval. Just make sure you are using the rest of your body to speak as well and your facial expressions should come across clearly.

Your eyes, body and face can carry on a whole conversation for you. You can speak volumes with a simple movement. You can use body language to convey a message you may not otherwise want to vocalize.

Knowing how to end or start a conversation with body language can come in handy if you do not have time to carry on a conversation, but would like to acknowledge someone.

Body language can also share a feeling with someone so only the two of you know. Make sure your body language is saying what you want it to.

Source: <http://www.articlecircle.com>

About the Author

Peter Murphy is a peak performance expert. He recently produced a very popular free report: 10 Simple Steps to Developing Communication Confidence. Apply now because it is available for a limited time only at: <http://www.conversationtalk.com/report.htm>