

Non-verbal communication is going digital – and you should keep up



"If you want to influence people in a positive way, then your attitude and how you are perceived using non-verbal communication is very important"

Non-verbal communication is a two-fold concept.

Part of the equation is how others perceive you, and the other component is how you understand others through their own non-verbal messages.

Why is it important to learn non-verbal **digital** communication?



While we are largely trained to interpret traditional non-verbal cues, this new-for-many communication in the digital world isn't quite second nature.

Lack of non-verbal communication skills gives off signals of disengagement and disrespect.



92%

of managers believed that employees who turned off their cameras during meetings were less likely to have a long-term future at their company.

How can you improve your non-verbal communication?

1

Select a professional profile photo for your CV

2

Turn the camera on - you wouldn't be in a meeting with a bag over your head

3

Choose the right background and set the camera angle- show professionalism

4

Look at the camera - don't look at yourself on the screen, eye contact is important

5

Interact with others - laugh at jokes, add emojis to chats