

Co-Lab Workshop

Educational materials

Module 5 – Non-verbal communication

1. Distracted gaze: If a person does not look at you or looks around, they may not be interested in what you are saying.	2. Closed posture Crossed arms or an apparently closed posture may indicate disinterest or defensiveness.	3. Turning the face or body away: If a person turns their face or body away during the conversation, this may indicate a lack of interest.	4. No nodding: Nodding is a sign of active listening and agreement. If a person does not nod while you speak, this may be a sign that they are not interested.
5. No eye contact: Eye contact is another form of active listening. If a person avoids eye contact, it may mean they are not listening.	6. Repeated yawning Yawning while someone is speaking may indicate a lack of interest.	7. Fiddling with objects: If a person plays with their phone, pen or another object during the conversation, this may be a sign of disinterest.	8. Physical restlessness: Swinging legs, frequently checking a watch or unnecessary movements may indicate a lack of interest or boredom.
9. Delayed or absent reactions: If a person's reactions to what you say are delayed or absent, this may indicate a lack of interest.	10. Lack of facial expression: If a person's face remains neutral or expressionless during the conversation, this may be a sign that they are not engaged.		