

The School Leader's Communication Challenge: Body Language

The following challenge is designed to be flexible. Use it to be mindful of your body language in interactions with others throughout the month, and if you have an important interaction, meeting, or presentation that you know is coming up, you can use these resources to prepare.

Challenge	Notes
<ul style="list-style-type: none">• Show interest in conversations by maintaining eye contact.• Control your emotions.• Use the reproducible "Body Language Look-Fors in Others" to help you reflect on how body language can enhance communication.• Fill out the reproducible "Body Language Indicators for Emotions" to help you analyze your own body language.• Use the reproducible "The Dos and Don'ts of Body Language Communication" to determine what you need to do more of and what you need to stop.• Conduct the SWOT analysis and monitor your goal.	