How We Communicate

- 7% Verbal (words Alone)
- 38% Tone, pitch, Speed, intonation
- 55% Body language
Quick Warm Up

Notice energy before you start.

1-10 Where is yours?

Have a Yawn and a stretch!

Shake out hands.

Shoulder rolls

Head rolls – Make it really pleasurable – close eyes

---

Quick Warm Up

Facial Exercises

1. Stroke Forehead

2. Pat cheeks (Aftershave)

3. Chew sticky toffee

4. Blow like a horse

5. Hum up and down the scale.
Quick Warm Up

Take a few big breaths.- in through nose, out through mouth.
Centre yourself – feet grounded to floor.
Push down with hands as you release breath.
Blow gently on the flame of a candle.
Positive Visualisation – look forward!
Buzz words
Up your energy to seven or eight.

Left and Right Brain