

Body signals that helps your interaction with family and friends



- **Look** people in the face when talking to them.
- **Speak** clearly and at a comfortable pace.
- **Stand up** tall or sit straight in your chair or wheelchair.

- **Establish** eye contact that is friendly.
- **Shake** hands firmly whilst maintaining eye contact.
- **Use** a person's name when talking to him or her.
- **Smile** to others as you are talking to them.

- **Use** a friendly, interesting and questioning tone of voice.
- **Respect** a person's personal space. Stand or sit about one arm's length away from the person you are talking to.
- **Conclude** the conversation by saying goodbye.