



## ARTICLE

# Why Is It Important to Understand Body Language

You may not realize it, but body language is critical to your everyday life. Sound a bit strange? Please keep reading to find out why it is important to use body language in your daily life.

### **It Helps You Get the Message**

Sometimes, people aren't always saying what they mean. Other times, people may not mean what they say. This is where body language comes into play. Reading what someone isn't telling you can help you discern the real story and know whether or not you are being lied to.

This knowledge can help you in situations where you may be in charge, such as when you are a parent or manager in a business. It can help you decide when an employee is truly late due to an accident or because they are a bad employee.

### **What Isn't Said Is More Important Than What Is**

According to Science of People, verbal communication is only a fraction of what you mean when you say something. Therefore if you only listen to what someone is saying and ignore their body language, you may miss the real point they are trying to make.

Today, it has become especially obvious how important body language is considering the invention of phones, emails, and texts. It is very easy to miss someone's point or message when using these mediums because you can't read their body language. It can cause a misunderstanding that hurts someone's feelings, leading to an argument later.



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## You'll Be Able to Get Ahead in Life

Imagine if you could know that someone was thinking about stealing from you before they did so. It can be possible, thanks to the power of body language. Body language helps you predict the actions of others. It could save you the hassle of a bad business decision or hire.

For example, say you are making a business deal with another company, but based on the CEO's body language, you notice his message is inconsistent. Avoiding this business deal could save you hassle and help your business get ahead rather than suffer a loss—all because you could read body language.

*In conclusion, it is important to understand body language for several different reasons. Not only can it help you more accurately understand the message someone is trying to convey, but it can also help you to understand the things people aren't saying—allowing you to use these to your advantage to get ahead in life.*

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He learned more each day.

### TRAINING

What are the best ways for you, your leaders, your managers to learn?

Experiential Exercises? Assessment? Workshop? Reading? Structured Thinking? Listening? Reminders? Coaching? A Combination?

Beyond the Far Cliffs offers multiple learning options on this **Important Skill** for now and the future!

[Jim.Schreier@farcliffs.com](mailto:Jim.Schreier@farcliffs.com)

**REAL-LIFE BODY LANGUAGE**  
How To Use Body Language When You Really Need It

HOW TO USE BODY LANGUAGE WHEN YOU ACTUALLY NEED IT

Body Language Is The Unspoken Element Of Communication