

Your body tells story....

About 93% of our communication is made up of 'how we say things' and 'how we look' and only 7% of our communication comes from 'what we say,' according to Jon-Michail, Australasia's leading image consultant and CEO of Image Group International.

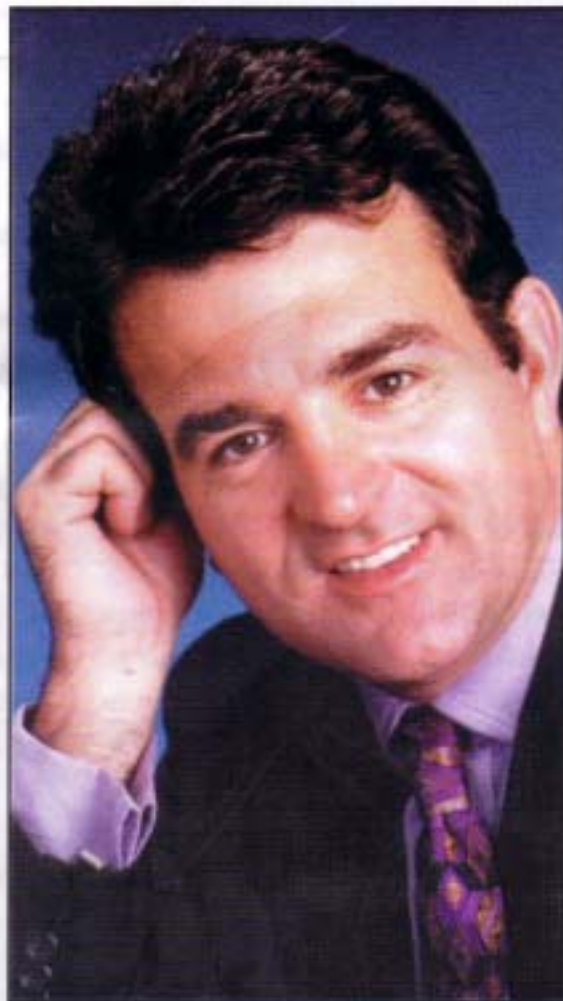
"This research has been validated time and time yet most people don't invest time in learning about the non verbal," said Jon-Michail.

"Of all the non verbal techniques we can use to improve our communication, good posture, confident use of eye contact and effective gestures are the most important.

"Smiling is also an important part of non-verbal communication," according to, Jon-Michail. "A charming smile lets people perceive you in a positive way. If you ooze confidence you can open doors that stand between you and a fuller, richer life."

He believes however, non-verbal communication is more than just body language. "You also need to be conscious of factors such as what you wear, grooming and etiquette, if you want to be a truly effective communicator."

Jon-Michail has been providing expert advice on non-verbal communication and personal image to Australian and overseas



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