

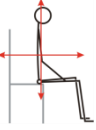
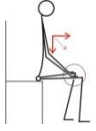

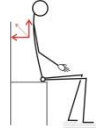

Exploring the Nonverbal Dimensions of Conversations



Courtney Schwarten, CEO
Walking Your Talk

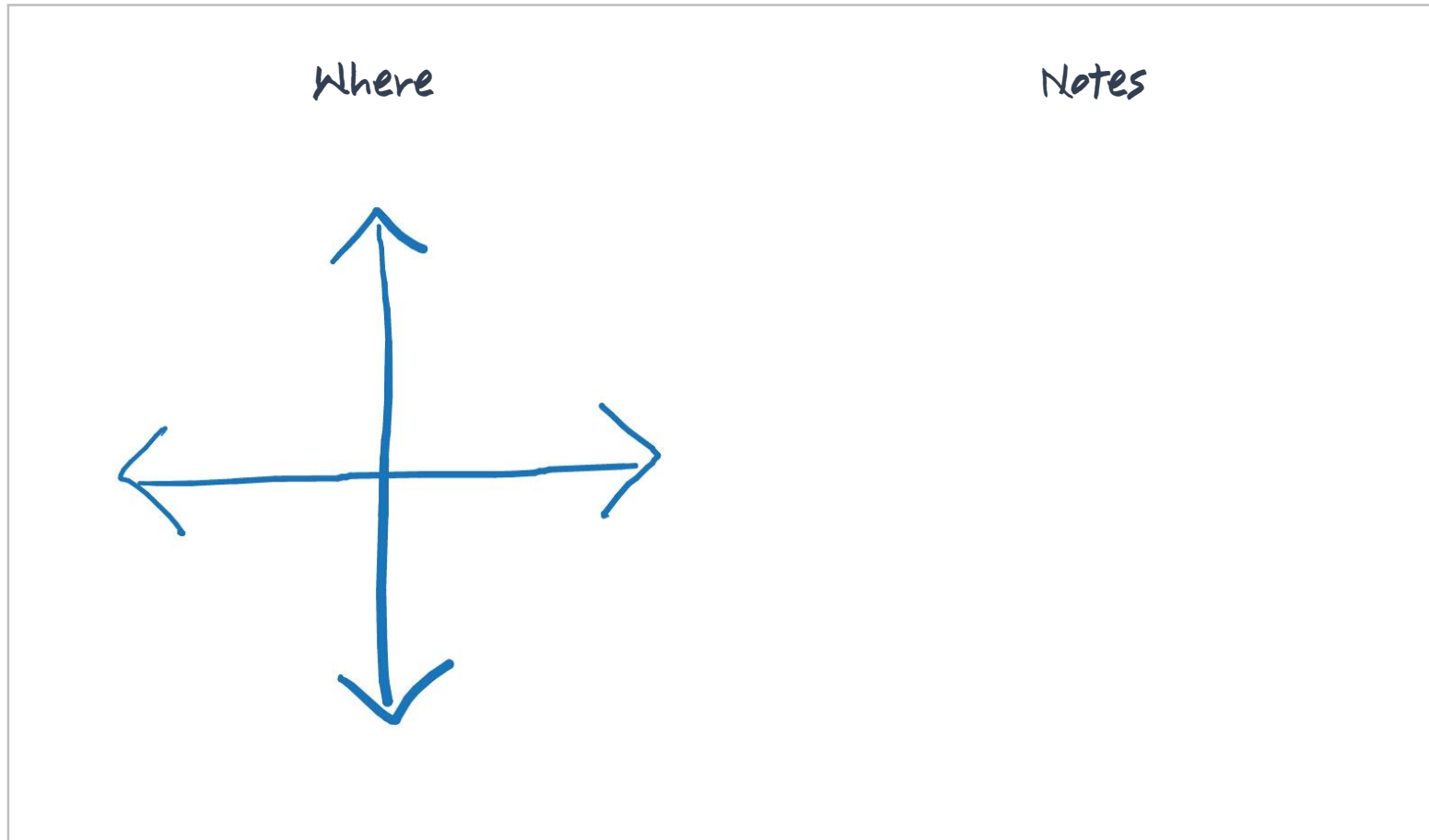
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One way to explore – postural balance

5 Families	Balance	Method	Conversational t'ai chi
Space		Sitting or standing, remember that your center of gravity can shift up or down. Find your balance between them. Remember that your center of gravity can shift to the front or to the back. Find your balance between them. And breathe.	Authentic <i>I am centered and ready.</i>
Ground		Sitting or standing, place one foot in front of the other, shift your weight slightly to the front and then slightly down. Feel your feet touching the floor. Place your hands palm down on your thighs. Imagine they are unmovable. Breathe into your belly.	Decisive <i>This is my decision.</i>
Water		Sitting or standing, place one foot behind the other, shift your weight slightly back and then slightly down. Feel your feet touching the floor. Relax without collapsing your spine. Turn palms face up. Breathe deep in the belly.	Caring <i>Tell me your concerns.</i>
Wind		Sitting or standing, place one foot behind the other, shift your weight toward the back and then up. Your arms become light and either float in the air or cross at the chest. Look and listen. Breathe into your upper back.	Perceptive <i>Let me think about it.</i>
Fire		Sitting or standing, place one foot in front of the other, shift your weight to the front and then up. Your arms become light and your hands reach forward. Chest lifts followed by a breath. A smile opens from the inside.	Inspiring <i>Let's do this together.</i>



Experiments with Somatic Cartography





Name:
Date:
Context:

Decisive	Solid	Committed
Patient	Firm	Results-oriented
Bored	Stubborn	Sad
Stuck	Commanding	Unresponsive
Calm	Contained	Comfortable with Conflict
Cooperative	Caring	Appreciative
Responsive	Resilient	Adaptable
Afraid	Hesitant	Accepting
Compliant	Follower	Empathy
Worried	Listener	Flexible
Thoughtful	Self-reflection	Logical
Precise	Observant	Aggressive
Confusing	Angry	Frustrated
Peaceful	Detached	Paralyzed
Critical	Analytic	Big picture thinker
Inspirational	Visionary	Confident
Dynamic	Passionate	Focused
Happy	Impatient	Eager
Invasive	Can't stop	Anxious
Persuasive	Takes risks	Self-motivated

Add on

Let go

Keep

1.

1.

1.

2.

2.

2.

3.

3.

3.

“In order to make a difference,
you must be able to tell a difference.”

- Dr. Stuart Heller

