



resources: solar tea

Sensitive Space: Position yourself so you can see the speaker's face, and be sure the space between the two of you is appropriate.

Open: A posture of openness is welcoming while closed arms and crossed legs may send a message of anxiety.

Lean Forward: Lean slightly forward to show interest, especially when sitting.

Appropriate Eyes: In Matthew 6:22-24, Jesus suggests that the eyes may be a window to the soul. God gave us the ability to see others' emotional states as well as communicate emotions through our eyes.

Relaxed: Our posture and body language tend to be contagious. Be a peaceful presence.

physical interactions

- caring facial expressions
- eye contact
- open and welcoming posture
- listening without interrupting

Touch: Touch with non-controlling touch. Depending on the relationship, shake hands or give a gentle hug.

Environment: If you have a choice, meet in a place that is welcoming and peaceful. On the other hand, meeting for lunch in a busy restaurant can reduce the warmth of a conversation. Nevertheless, we can do our best to stay engaged with the speaker and avoid distractions.

Accommodating Attitude: Be respectful and accommodating to the speaker's culture, values, language, and expectations. Follow their interests and their vibe. As the saying goes, When in Rome, do as the Romans do.

