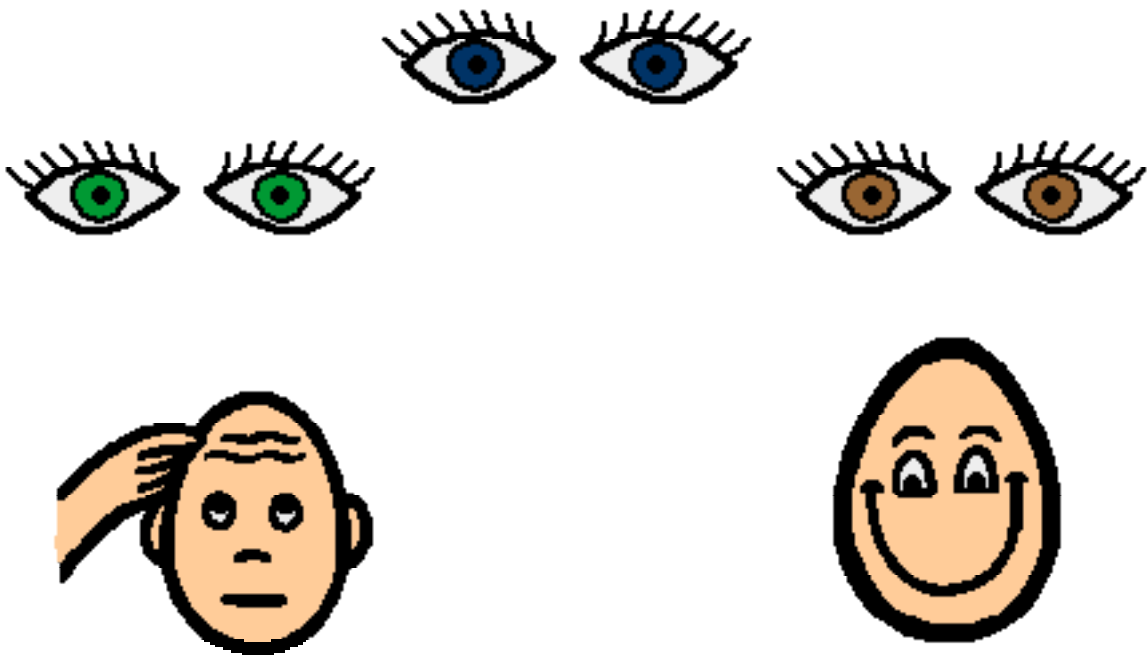


Eye Contact

Just the Facts.....

Eye contact is something that good communicators use all the time.

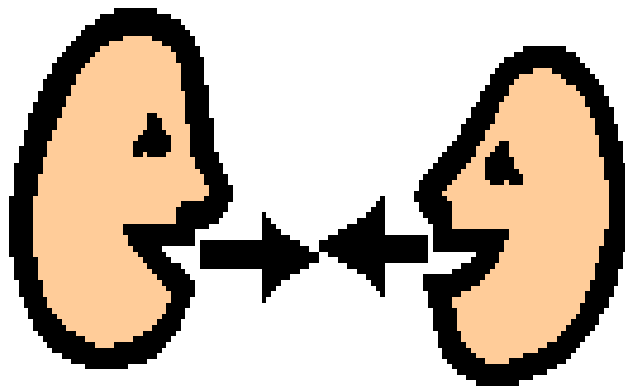
Your eyes show how you feel more than your words or body language. The way you look into people's eyes tells people what you think about them and how comfortable you are with them.



Eye contact is powerful, so use it carefully. Staring at someone is threatening. It makes people uncomfortable.



Get eye contact with someone before you start talking to the person. That way, you know that person is paying attention to you.



Eye contact is NOT staring.
People glance at each other
from one to seven seconds,
then look away. The listener
looks at the speaker more
than the speaker looks at the
listener.



If you are wearing sunglasses, take them off so that you can make eye contact. Sunglasses hide the communication signals.



If you're talking to someone and you want to keep talking, you can avoid making eye contact. That's a signal that you're still taking your conversation turn. Don't do this often, or people will think you're too bossy or controlling.

