

Effective Facilitation Techniques for Project Leaders

Body Language/Nonverbal Gestures

Gesture: Head shaking side to side
Meaning: Disagreement

Gesture: Touching, slightly rubbing nose
Meaning: Rejection, doubt, lying

Gesture: Frown with head tilt
Meaning: Questioning what was just said

Gesture: Rubbing the eye
Meaning: Doubt, disbelief

Gesture: Lean back in chair and cross hands
Meaning: Lost Interest

Gesture: Hands clasped behind back
Meaning: Anger, frustration, apprehension

Gesture: Chair pushed back
Meaning: Lost Interest

Gesture: Locked ankles
Meaning: Apprehension

Gesture: Open Palms
Meaning: Openness, Honesty

Gesture: Rubbing hands
Meaning: Anticipation

Gesture: The Neck Scratch
Meaning: I'm not sure I agree

Gesture: Sitting with hands clasped behind head, legs crossed
Meaning: Confidence, superiority

Gesture: Cheek resting on closed hands
Meaning: Evaluation, thinking

Gesture: Open palm
Meaning: Sincerity, openness, innocence

Gesture: Cheek resting on open hands
Meaning: Boredom has set!

Gesture: Pinching bridge of nose, eyes closed
Meaning: Negative evaluation

Gesture: Prolonged tilted head
Meaning: Boredom

Gesture: Patting/fondling hair
Meaning: Lack of self-confidence; insecurity

Gesture: Head resting in hand, eyes downcast
Meaning: Boredom

Gesture: Quickly tilted head
Meaning: Interest

Gesture: Chin Stroking
Meaning: Making a Decision

Gesture: Looking down, face turned away
Meaning: Disbelief

Gesture: Drumming fingers on table or tapping feet
Meaning: Impatience

Gesture: Biting nails
Meaning: Insecurity, nervousness



Gesture: Pulling or tugging at ear
Meaning: Indecision

Gesture: Brisk, erect walk
Meaning: Confidence

Gesture: Standing with hands on hips
Meaning: Readiness, aggression

Gesture: Sitting with legs crossed, foot kicking slightly
Meaning: Boredom

Gesture: Sitting, legs apart
Meaning: Open, relaxed

For more detailed discussion of body languages: <http://tinyurl.com/lst5pf>