

SOPHIE ZADEH

Communication, Behaviour & Art

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Self Empowerment

Avoid Contractive Body Language	<ul style="list-style-type: none">• Maintain an upright and open posture/avoid blocking behaviours to increase or maintain feelings of power.• Slumped posture increases negative words and reduces positive words used in speech.
Voice—Lower Pitch	<ul style="list-style-type: none">• Practise using your lowest natural vocal pitch to feel more powerful and to appear more credible, serious and dependable.• A minute or two of low humming will extend your vocal range by adding deeper tones, as well as lowering your pitch within the moment.
Smile	<ul style="list-style-type: none">• Smiling activates the release of feel-good neurotransmitters—dopamine, endorphins and serotonin. This relaxes your body, reduces stress, heart rate and blood pressure.• Activate a genuine smile of happiness (the easiest way is to think of something that makes you happy), or activate a fake smile.
Physiological Sigh	<ul style="list-style-type: none">• Slow breathing brings your body to a calm state because when we exhale, heart rate reduces.• Physiological Sigh—inhale twice, followed by a long exhale.• Inhaling twice increases the surface area of the lungs removing carbon dioxide more efficiently.• Increasing the exhalation duration also assists speech, preventing running out of air, mid sentence.

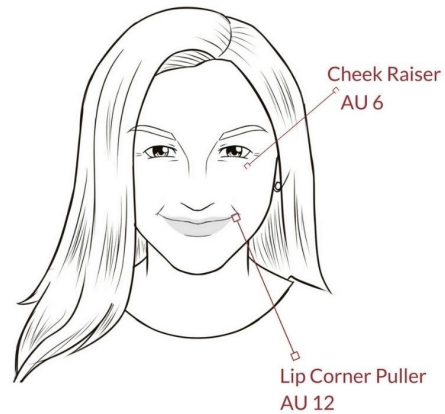
Understanding Others

Eye Blocking Behaviour	<ul style="list-style-type: none">• Looks like a long blink (children cover their eyes with their hands).• An individual is experiencing dislike or discomfort.• Watch professor Kelly eye blocking repeatedly, as he's interrupted by his children during a BBC interview: https://www.youtube.com/watch?v=Mh4f9AYRCZY
Eyelid Flutter (Blink Flurry)	<ul style="list-style-type: none">• Looks like three or more blinks in rapid succession.• An individual is experiencing a high cognitive or emotional load (struggling with information or emotional processing).

Happiness

What to Look for

- Cheeks raised and pushed up into eyes
- Eyes narrow
- Bulge beneath the eye
- Crow's feet visible
- Upward stretched lips

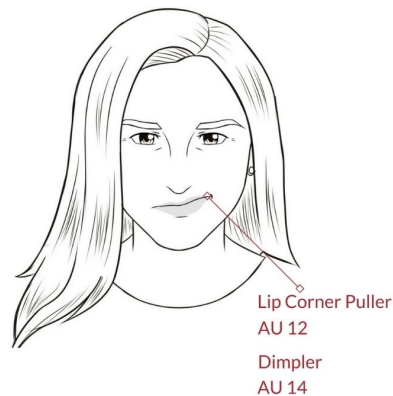


FACS Action Units

Contempt

What to Look for

- Asymmetrical expression
- Lip corner tightens and stretches

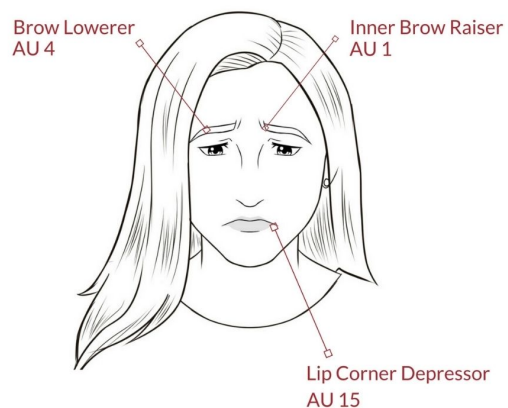


FACS Action Units

Sadness

What to Look for

- Inner corners of eyebrows pulled inwards and upwards
- Drooping eyes and skin around the eyes
- Downturned mouth
- Possible bottom lip stretched or pouting
- Flattened chin boss
- Often the gaze is lowered



FACS Action Units