

Secrets of Body Language Revealed at Lifetree Café

Practical insights about the meaning of body language will be provided at the next session of Lifetree Café this coming Wednesday (Dec. 18).

The program, entitled Body Language: What You Say Before You Say a Word, will feature a filmed interview with nonverbal communication expert Jan Hargrave, author of Actions Speak Louder Than Words and Let Me See Your Body Talk.

“Fifty-five per cent of communication is nonverbal, 38 per cent is from voice inflection, and only seven per cent of communication has to do with the words we say,” observed Hargrave, who reports that a better understanding of body language provides a key advantage in sales, business, job interviews and even romance.

The session will run from 7 to 8 p.m., and admission will be free. Snacks and beverages will be available.

Lifetree Café is at St. James' Anglican Church, 6025 Old Church Rd. in Caledon East.

Lifetree Café is a place where people gather for conversation about life and faith in a casual coffeehouse-type setting.

Questions about Lifetree may be directed to Mark Tiller at 905-584-8506 or mark.lifetree@gmail.com