

Signs that Send the **WRONG** Message

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Do You Appear that You're Lying - Even When You're Telling the Truth?

Making small talking or speaking in front of a large crowd can be rather tricky. Every move you make - intentional or not - is **SCRUTINIZED!**

And, that means your listeners may mistake you for lying - even when you're not!

Leil Lowdes, author of [How to Talk to Anyone](#), suggests that this type of problem arises when we're feeling insecure or intimidated. Or, the problem may stem from the environment.

Here's how Lowdes explains it.

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"A woman talking about her company's track record to an important client could rub her neck. A businessman who doesn't feel nervous at all could loosen his collar because the room is hot.

...these fidgety movements give the listeners the sense that something just isn't right or a gut feeling that the speaking is lying."

These are NOT scenarios you want to find yourself in. Alert yourself to this hazard by **recognizing signs that send the wrong message.**

For instance.

- **Don't blink repeatedly or shift your eyes. Fix your gaze on the listener(s).**
- **Don't put your hand on your face or rub your nose - even if you have an itch.**
- **Don't let them see you sweat by mopping your brow or forehead.**
- **Don't loosen your collar - even if it's hot.**
- **Don't shield your eyes from the sun.**

FIDGETING UNDERMINES CREDIBILITY!

The next time you're speaking, try to **limit extraneous movement.**

Ignore that itch, tickle, or tinge - and make your communication count!

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