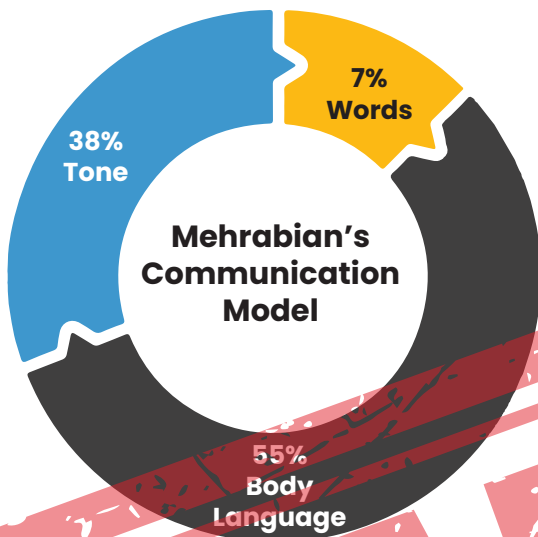




Attachment B

Mehrabian's Communication Model

Teacher Resource Sheet



Communication is:

7% The Words

38% The Tone

55% The Body Language

Constant Questions of Effective Leaders:

- What opportunities in my life allow me to invite change, even on a small scale, where the change might affect one person, one family, or one group of friends?
- Tell your friends what you find good in them.
- Recognize what is special in your personality and use it to help introduce a positive change, no matter how small.
- Your words are your choices; use positive words with and about yourself and others.
- What is my personal vision? Why is it important?
- Before you make any decision during the day, ask yourself whether the decision is in line with your vision. If not, see how you can make it so.
- Evaluate your actions against the values you would like to see in the world. Make your actions in line with those values.
- There is no limit to human power. See how you can use this power to make positive, even small, changes in your daily life.
- What cause can I choose in my family or community that I can work to improve?
- What single thing can you learn from each of your friends' differences?
- Evaluate the solutions to see whether you can improve on a situation a little.
- Evaluate what you are doing every few days to see whether you can add more creativity to the situation.
- What are the five main values in your life that give you strength?
- What are the five main values in life that impede your empowerment?
- How do the values that impede your empowerment affect your decision making?
- Can you replace them with more empowering values?
- How can you apply these values in your daily life? What change might you see in two weeks?