

EPISODE 119: DO YOU KNOW WHAT YOU SOUND LIKE TO OTHERS?

1. TAKE A SELFIE

- Like a camera, a listener can form an impression of you in 1/1000th of a second.

2. KNOW WHAT DETERMINES WHAT YOU SOUND LIKE TO OTHERS

- How you communicate is not only determined by what you say but by the volume, tone, rate, and pitch of your voice.

3. INCREASE YOUR AWARENESS

- Self-awareness
- Situational awareness
- Awareness of others

4. DON'T BE THE LAST ONE ON THE BLOCK TO KNOW

- Sometimes we are the last to know how we sound, so take the time to listen to yourself.

5. TAKE A LESSON FROM THE FBI DOGS

- Like a drug sniffing dog, we need to be able to detect the micro components that determine the way we communicate.

6. KNOW HOW STRONG YOU ARE

- Pay attention not only to what you say, but the forcefulness and intensity with which you say it.

Are there other communication-related topics you'd like to hear the Communication Guys address? Let us know on our [Facebook page](#).