

# TIPS AND TRICKS FOR THE TEACHER'S TOOLBOX



## Non-Verbal Communication

- Tune your antennae to non-verbal communication: improve the patient experience (Audio podcast)
- Tips for effective body language for medical educators
- Your body language may shape who you are (YouTube video)



# Tune Your Antennae to Non-Verbal Communication: Improve the Patient Experience

Healthcare Communication: Effective Techniques for Clinicians



Jeannette Shorey, MD, discusses how to conduct a very efficient patient encounter by learning non-verbal cues, which can save time for a clinician, how to handle mixed messages, how mirroring can influence the patient.

# 12 Tips for Effective Body Language for Medical Educators

01 Avoid standing in fixed position behind the podium, throughout the session

02 Avoid talking to the drawing board

03 Adopt an “open” stance

04 Use a “power” stance when needed

05 Use movement to encourage problem solving

06 Emphasize an important point with body language

07 Optimize questions with body language

08 Use specific body language to motivate quiet learner

09 Use specific body language to quiet dominant participant

10 Show your passion

11 Avoid inadvertently being a bore, standoffish, or distracting

12 Be mindful of your facial expressions (or lack thereof)

01- Avoid standing in a fixed position behind the podium, throughout the session.

[More information...](#)

02- Avoid talking to the drawing board.

[More information...](#)

## 03: Adopt an “open” not a “closed” stance – [More...](#)



## 04: Use a “power” stance when needed - [More...](#)



05: Encourage thinking and problem solving

More information...

06: Emphasize a point

More information...

## 07: Optimize questions with body language

[More information...](#)



08: Motivate the quiet learner. [More...](#)



09: Quiet the dominant participant. [More...](#)





10: Show your passion. [More...](#)

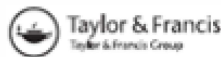
11: Avoid inadvertently being a bore, standoffish, or distracting. [More...](#)

12: Be mindful of your facial expressions (or lack thereof). [More...](#)

Most of human communication is nonverbal. Medical educators seeking to maximize their teaching effectiveness would benefit from an understanding of how body language impacts the learning environment and how specific body language techniques can be used to engage the audience, maintain attention, control challenging learners, and convey passion for a topic. The specific tips and strategies reviewed above can be applied in a wide array of teaching settings, from teaching on rounds, to small groups, to delivering a lecture to a large audience. Understanding and utilizing body language effectively is an important instructional skill that can be learned and developed.

Hale AJ, Freed J, Ricotta D, Farris G, Smith CC. *Med Teach*. 2017  
doi:10.1080/0142159X.2017.1324140

**MEDICAL  
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Your body language may shape who you are | Amy Cuddy



## Non-Verbal Communication: Resources

Cuddy A. Your body language may shape who you are. YouTube. October 1, 2022. <https://youtu.be/Ks-Mh1QhMc>

DocCom. Non-verbal communication. YouTube. February 17, 2022. <https://youtu.be/QylbUucL0DU>

Hale AJ, Freed J, Ricotta D, Farris G, Smith CC. Twelve tips for effective body language for medical educators. *Med Teach*. 2017;39(9):914-919. doi:10.1080/0142159X.2017.1324140

Lorié Á, Reiner DA, Phillips M, Zhang L, Riess H. Culture and nonverbal expressions of empathy in clinical settings: A systematic review. *Patient Educ Couns*. 2017;100(3):411-424. doi:10.1016/j.pec.2016.09.018

Schmid M, Cousin G. The role of nonverbal communication in medical interactions: Empirical results, theoretical bases, and methodological issues. In: Leslie R. Martin, M. Robin DiMatteo, eds. *The Oxford Handbook of Health Communication, Behavior Change, and Treatment Adherence*. Oxford University Press; 2013. <https://search-ebshost-com.ccny-proxy1.libr.ccny.cuny.edu/login.aspx?direct=true&db=e000xna&AN=678210&site=ehost-live>

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