

# THANK GOD IT'S MONDAY!

Roxanne Emmerich



## TGIM WEEKLY AUDIO: Your Body Tells All

*\*Transcription*

*Thank God It's Monday!*<sup>™</sup> You lean too far forward, and they step back. You lower your voice, and they lean forward. You look them directly in the eyes, and suddenly you are both completely engaged.

Our bodies speak more than our tongues. In fact, research suggests that 60-70 percent of all meaning is derived from nonverbal cues. So what are you really telling those around the office? While in a literal sense you may indeed say nothing, you may very well be saying more than you'd imagine.

Be aware of what your body tells those around you. Stand with your arms open as your boss offers a critique. Look people in the eyes as you discuss strategy in the Monday morning meeting. Listen with your eyebrows up and nodding your head, and people will love sharing more. Confidently accept the difficult task that has been delegated to you.

People will 'hear' the difference.

Have a great Monday!

Roxanne

*Roxanne Emmerich's Thank God It's Monday! How to Create a Workplace You and Your Customers Love climbed to #1 on Amazon's bestseller list and made the New York Times and Wall Street Journal bestseller lists—all in the first week of its release. Roxanne is renowned for her ability to transform "ho-hum" workplaces into dynamic, results-oriented, "bring-it-on" cultures. If you are not currently receiving the Thank God It's Monday e-zine and weekly audios, subscribe today at [www.ThankGoditsMonday.com](http://www.ThankGoditsMonday.com).*

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