

# Summary

## Module 3: Communication

In our Communication module, we will explore the difference between “strong” and “weak” communication, identifying tools to express thoughts and ideas with clarity and confidence.

Communication is a two-way street, and strong communication requires both parties in an interaction to be engaged and clear. The way we use our bodies to communicate can have a huge impact on how we connect with others. Folded arms, for example, can come across as defensive or unapproachable, whereas leaning in can indicate interest and engagement.



The tone of our voice is also very important in successfully conveying our ideas and feelings. For example, the sentence "the DOG bit me" conveys a different meaning than "the dog bit ME." Our facial expressions also have the ability to convey feelings and ideas without needing to use words. Smiles, for example, help us come across as friendly and approachable, which is particularly valuable in job interviews and job searches.