

**Sharon Sayler Media Page for
What Your Body Says (and how to master the message)**



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Intro:

There's a huge mistake you are probably making right now and you don't even know it. What's worse is that most people will see you doing it and will unconsciously recognize it INSTANTLY.

They don't know why, but they just know something is not right....

Joining me on the phone is Sharon Sayler, a Body Communication expert, and the author of 'What Your Body Says (and how to master the message)'

Welcome Sharon...

Sample Questions:

1. You have me hooked - what is this 1 thing I might be doing to turn everyone off?
2. What are a couple of other common mistakes?
3. Have you always got it right—have you sent out non verbal messages that surprised you?
4. If I plan my nonverbals won't they look phony?
5. Is there nonverbals that can make me look more or less intelligent?
6. Who's better or worse at non-verbal - men or women?
7. Do you have some examples?

8. Are all nonverbals alike or are there good or bad non-verbals?
9. In your experience working with people to become better communicators, what do you feel is the biggest hurdle they have to overcome? What's the number one non-verbal to consider how others judge you?
10. These days it seems that respectful communication has flown out the window. It makes sense that if we thought about the whole message we'd do a lot better if we really focused on what good communication could mean. How do you help others to 'get' that?
11. What are some simple ways to make sure your body matches what your mouth is saying?
12. Why did you write this book? Who did you write this book for?

Extro:

Our guest today Sharon Sayler is Body Communication expert. Her book "What Your Body Says (and how to master the message)" will be available in bookstores in early August. Go to her website for your free copy of "The 3 Biggest Body Language Mistakes We Make and How To Avoid Them at www.WhatYourBodySays.com

BIO

Sharon Sayler, MBA, is a Communications Success Strategist who trains, counsels and coaches professionals on how to become stronger, more influential communicators and leaders. She teaches people how to communicate with confidence and clarity by matching their body language to what their mouth is saying (non-verbals).