



Campus Consultancy

# Welcome

## *Communication*

**Fed Uni**

May 6<sup>th</sup> , 2021

Facilitator: **Josh Farr**



*Are you on [LinkedIn](#)? Please connect with me, I'm here to help!*

“

*Our mission is to connect and develop the most influential leaders on campus.*

”



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# Effective Communication Techniques

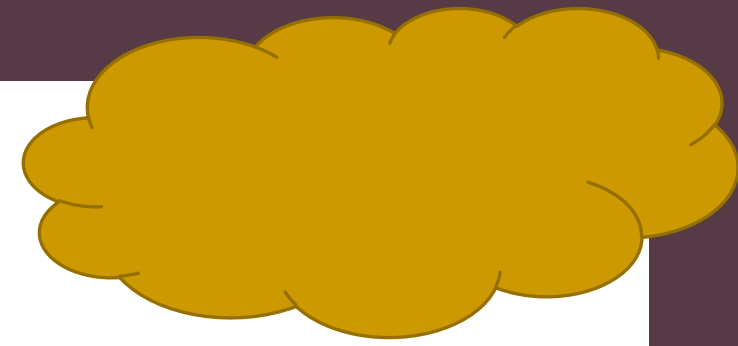


How has your  
day been?

Source: <https://www.laurelmclay.com/blog/2017/3/3/has-your-best-place-to-work-become-a-boring-rigid-old-man>



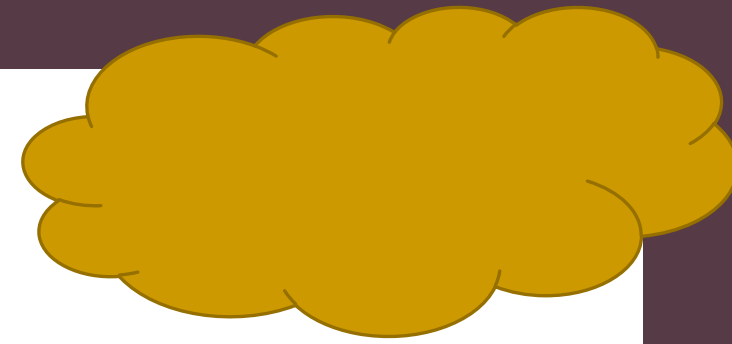
# How has your day been?



Body Language 55%	Tone/Voice 38%	Word Choice 7%
Frowning (not smiling)	monotone	Annoying ( <b>wrong</b> )
Eyes down	Whiney	Tired/exhausted/lack of energy <b>Don't have/have</b>
Tense	Low tone	Last minute <b>past/future</b>
Slouched	Aggravated	
Not expressive		

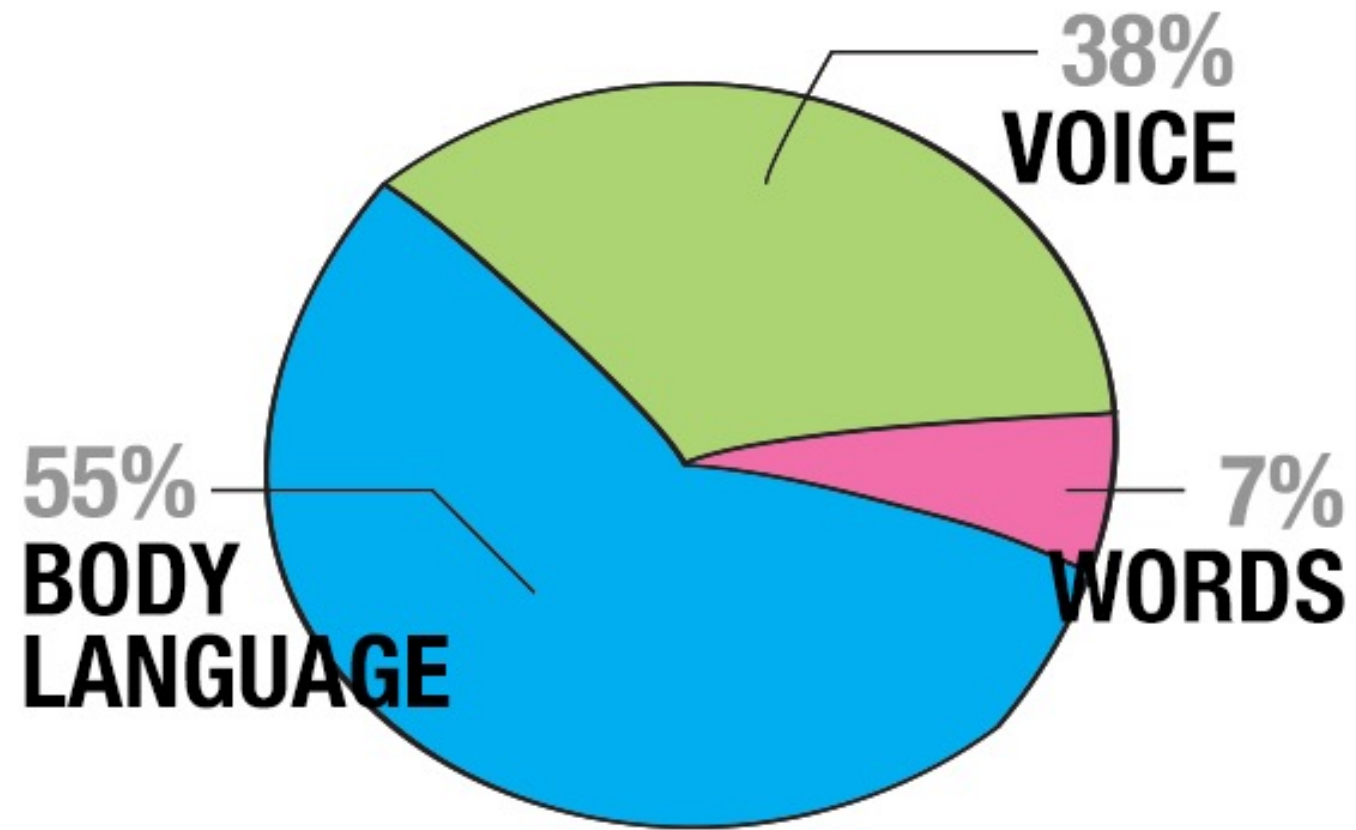


# How has your day been?



Body Language 55%	Voice/Tone 38%	Word Choice 7%
Smiling	Higher voice	Encouraging
Big bright eyes	'bubbly' energized varied tone	Grateful, blessed
Animated, hand movements	happy	Opportunities
Upright, straight posture		optimistic





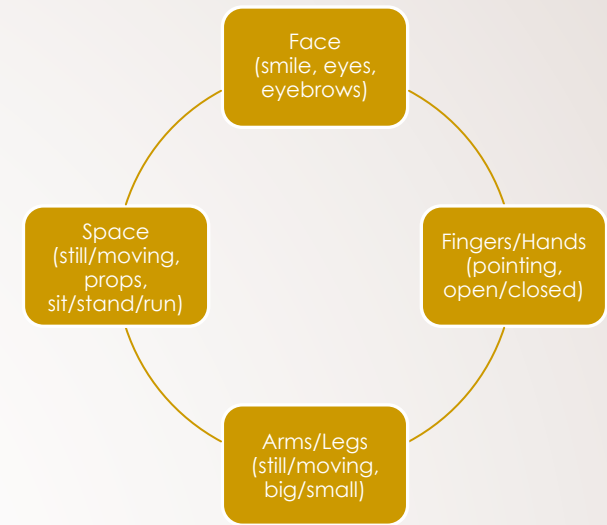
Mehrabian & Ferris' research results of communication during a presentation.  
"Inference of Attitude from Nonverbal Communication in Two Channels"  
The Journal of Counselling Psychology 31,  
S. 248-252, 1967

# 4-Elements of Body Language

## 6-Elements of Tone



Source: Youtube, [People with no kids don't know](#)



Chunking

Speed

Emphasis

Pause

Pitch


Volume



A stack of three books is positioned on the right side of a light-colored wooden surface. The books have dark covers and white pages. The background is a warm, out-of-focus scene with soft light filtering through, creating a bokeh effect. A dark brown, arrow-shaped graphic points from the left towards the books, containing the text.

What's Your Story?  
*If you don't tell it, who will?*

# Disney/Pixar Storyline



Start sentences with...	Purpose	Sequence
<b>Once upon a time...</b>	Set the scene, introduce characters	Beginning
<b>And every day...</b>	What was life like?	
<b>Until one day...</b>	What disrupts normal life?	
<b>And because of this...</b>	Starts an adventure, comes against obstacles	Middle
<b>And because of this...</b>	Achieves first milestone, "not there yet!"	
<b>Until finally...</b>	Success & sharing	Climax
<b>Ever since then...</b>	How life is different as a result	End



Source: <https://www.youtube.com/watch?v=IFzVJEksoDY>

# Disney/Pixar Storyline

Start sentences with...	Purpose	The Lion King
Once upon a time...	Set the scene, introduce characters	Healthy happy community
And every day...	What was life like?	Lots of water, "we are all connected"
Until one day...	What disrupts normal life?	"BUT a shadow" → Scar intervenes, "Run away"
And because of this...	Starts an adventure, <b>comes against obstacles</b>	Simba leaves and <b>is alone</b> , disconnected from family and fortune
And because of this...	Achieves first milestone, "not there yet!"	Made new friends, "hoping to leave his old life behind"
And because of this...	Achieves next milestone, "not there yet!"	Grows up, wants to return, Called to return out of duty
Until finally...	Success & sharing	Returns to take on Scar, completes <i>circle of life</i>
Ever since then...	How life is different as a result	Kingdom returned to order





Source: <https://www.youtube.com/watch?v=seMwpP0yeu4>



# Disney/Pixar Storyline

Start sentences with...	Purpose	Inside Out
Once upon a time...	Set the scene, introduce characters	
And every day...	What was life like?	
Until one day...	What disrupts normal life?	
And because of this...	Starts an adventure, <b>comes against obstacles</b>	
And because of this...	Achieves first milestone, "not there yet!"	
And because of this...	Achieves next milestone, "not there yet!"	
Until finally...	Success & sharing	
Ever since then...	How life is different as a result	



Your turn!

# Tell a story from your life...

Start sentences with...	Purpose	Your life 😊
<b>Once upon a time...</b>	Set the scene, introduce characters	I was looking for 3 months
<b>And every day...</b>	What was life like?	Applied for 7 roles
<b>Until one day...</b>	What disrupts normal life?	Face interview for placement
<b>And because of this...</b>	Starts an adventure, <b>comes against obstacles</b>	I was nervous with 3 people on Zoom Interview
<b>And because of this...</b>	Achieves first milestone, "not there yet!"	I took deep breaths, Listen actively to questions
<b>Until finally...</b>	Success & sharing	<i>I was successful</i>
<b>Ever since then...</b>	How life is different as a result	So happy, getting lots of opportunities

# Tell a story from your life...

Start sentences with...	Purpose	Your life 😊
<b>Once upon a time...</b>	Set the scene, introduce characters	Dec-11 2020, day after graduating high school wanting to make art project
<b>And every day...</b>	What was life like?	Listening to fav podcast whenever I could, start from beginning to ep980
<b>Until one day...</b>	What disrupts normal life?	I realized I wasn't get through them quick enough
<b>And because of this...</b>	Starts an adventure, <b>comes against obstacles</b>	Choice - changing the speed of listening to halve the time 'go at it harder'
<b>And because of this...</b>	Achieves first milestone, "not there yet!"	Last week March 100+ in 5 days,
<b>Until finally...</b>	Success & sharing	<i>Finish art work, share with them as a gift, meet them in person</i>
<b>Ever since then...</b>	How life is different as a result	I know I can call them friends, gave lots of gifts



## Books

**Mindset**, by Carol Dweck

**Leaders Eat Last & Start With Why**, by Simon Sinek

**The 7 Habits of Highly Effective People**, by Stephen Covey

**Daring Greatly**, by Brené Brown

**Good to Great**, by Jim Collins

**LinchPin**, by Seth Godin

**Radical Acceptance**, by Tara Brach

**The Effective Executive**, by Peter Drucker

**Hope In The Dark**, by Rebecca Solnit

## TED Talks

[Amy Cuddy](#) (Body Language)

[Anika Molesworth](#) (Being The Change)

[Simon Sinek](#) (Golden Circle)

[Dan Pallotta](#) (Charity Reframed)

[Rita Pierson](#) (Education)

[Angela Duckworth](#) (Grit)

[Tim Ferriss](#) (Fear Setting)

[Susan Cain](#) (Introverts)

[Drew Dudley](#) (Small Acts of Leaders)

[Brené Brown](#) (Vulnerability)

... and **me** [Josh Farr](#) (Leadership)





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***Josh Farr***