

Your expressions can reveal a 1,000 things



Minocher Patel
motivational
speaker and
corporate trainer

Mahesh Chopade

Tumans convey 90% of the message through non-verbal means, said motivational speaker and corporate trainer Minocher Patel. He was speaking at the inaugural session of the five-day annual management week arranged by the British Library on Tuesday.

He said gestures, voice tone and eye contact assume significance in day-to-day life.

Patel has received the Indira Gandhi Priyadarshani Award for outstanding

Minocher Patel, corporate trainer

In today's world, reality is not reality enough, perception is the reality

services, achievements and contribution in education and training from the union government in 2007.

The award has been awarded to Mother Teresa, Russi Mody, actor Rajnikant and Pandit Hariprasad Chaurasia.

Patel said a person who knows body language well, lives well. "Famous politicians make the best use of it and actors make a living out of it," Patel said.

Patel also spoke about perception management which is used as a tool to garner popularity by politicians and gave examples of Congress chief Sonia Gandhi who is being projected as Indira Gandhi and Raj Thackeray, who imitates his uncle Bal Thackeray.

"In today's world perception is the reality," he said, adding that one needs to carry oneself well. "Facial expressions become important because 90% of the time, the other person is concentrating on our face. Through our body language, we can control emotions, as the brain is primed to judge our emotional state by observing our behaviour," he said.