

Name: \_\_\_\_\_



Date: \_\_\_\_\_

**“Navigating Difference – when we talked but didn’t know we talked”**

2025 IL WIC Training & Education Conference Worksheet

*Please answer the following questions while viewing the recording.*

1. We receive up to how much of our information nonverbally?

- a. 50%
- b. 25%
- c. 70%
- d. 45%

2. Fill in the blanks: Nonverbal cues serve as our \_\_\_\_\_ .

3. Fill in the blanks for the acronym “ODIS”:

- a. O \_\_\_\_\_
- b. D \_\_\_\_\_
- c. I \_\_\_\_\_ *with*
- d. S \_\_\_\_\_

4. Self-reflect on the following:

a. What can you do to improve your non-verbal communication?

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b. How can you practice mindfulness in the workplace?

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