

Communicating in a mask

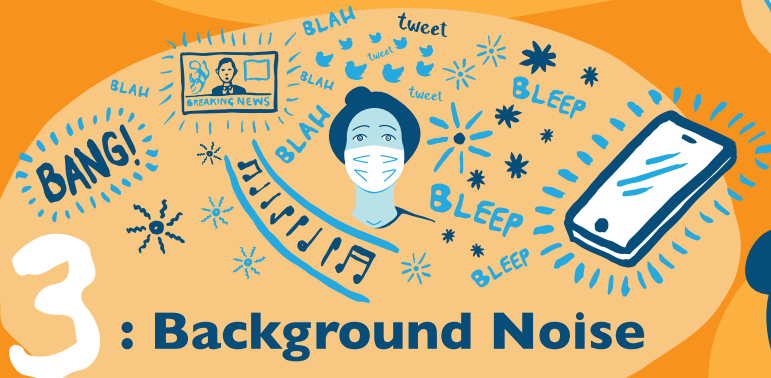
8 Simple steps to help you get your message across



1 : Introduce Yourself

Explain who you are and why you're there

Hello! My name is...



3 : Background Noise

Reduce distractions



2 : Attention

Make sure you have the attention of your listener



4 : Eye to eye

If possible get on the same eye level as your listener



5 : Body Language

Emphasise what you're talking about with body language



6 : Say what you're feeling

Your listener can't see your facial expressions

7 : Slow

Slow, simple sentences. Make it concise



8 : Ask

Clarify if your listener has heard you