

VERBAL LEVEL OF COMMUNICATION:

Verbal level of communication is a type of words and sentences in order to convey someone's message to the receiver. According to a perspective it involves both spoken and written methods of communication. Although this is perhaps the most apparent level of human communication, people can spend a lifetime trying to master it with the most basic knowledge of building bonding through verbal means of communicating. In order to communicate effectively on a verbal level, one needs to keep the right words in focus before putting them into shape of a sentence.

- *EXAMPLES:* Advising others regarding an appropriate course of action
- Assertiveness
- Conveying feedback in a constructive way emphasizing specific, changeable behaviors

PHYSICAL LEVEL OF COMMUNICATION:

Physical level of communication identifies Visual cues like eye contact, gestures, movements, stances, posture, and facial expressions influence how we feel and communicate. To communicate with people effectively, physical alignment with others adding ones expressions, body movements, gestures, eye contact and the way of approaching including the senses provided.

EXAMPLES: a referee depicting different signs during a boxing match, an empire giving directions to the players and officials regarding a decision being taken.

AUDITORY LEVEL OF COMMUNICATION:

Auditory level of communication denotes according the sound of voice, its frequency, range, volume and the speed one is communicating at is what defines this type, clearing the context to the said discussion. To communicate at this level, the behavior and norms of conversation being kept in regard polishes this side of ones communication skills.

Examples: Expressing notions towards a new born, being a part of an official meeting and giving a presentation with an uptight formal tone.

EMOTIONAL LEVEL OF COMMUNICATION:

Emotional level of communication refers to the emotional state of conversation where one uses message. For example words received with anger, pride or fear are not appreciated much. So the basic state to ones emotional background during a discussion – reciprocates the idea and theme of the conversation. One should release the negative emotions before approaching another so it keeps the environment neutral before giving a message.

ENERGETIC LEVEL OF COMMUNICATION:

Energetic level of communication is also termed as a psychic level, this level of communication based on a range of factors including a person's level of the frequency of the message, and other subtle energies. It's a gut feeling or an intuition that incites the adrenaline based on the vibes one is receiving from the responder. To communicate on an energetic level effectively, a person needs to maintain highest intention of ones wellbeing so the vibes caught by the receiver should cherish and motivate positively the concept of the conversation.

Examples: More general examples are feeling contracted, overwhelmed, nauseous, head pressure, feeling attacked, drained or agitated when in contact with a person, place or item.

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