

🗣️ Authentic Communication: More Than Just Words

Did you know that only 7% of communication comes from the words we use? The rest relies on tone (38%) and body language (55%). Research from psychologist Albert Mehrabian shows that what we say can lose impact if our non-verbal cues don't align.

However, communication isn't just about getting the signals right—it's about being authentic. In our interactions, wearing a mask or projecting something untrue creates barriers, not bridges.

💡 How to Communicate with Authenticity:

- ✓ Be transparent: Align your tone and actions with your words.
- ✓ Show empathy: Genuinely listen and respond.
- ✓ Use open body language: Let your gestures reflect honesty.
- ✓ Build trust through consistency: Say what you mean and mean what you say.

In Engineering Ministry, Authenticity is Key 🚀

Our words matter in technical discussions, but trust is built through authentic actions. Whether giving feedback 🛠️ or offering encouragement 🎁, every conversation shapes collaboration. By being real with one another, we foster genuine connections that fuel growth and teamwork.

Let's Communicate Without Masks.

How does asking God to make our heart like Jesus and walking in step with the Spirit transform true, honest communication?

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