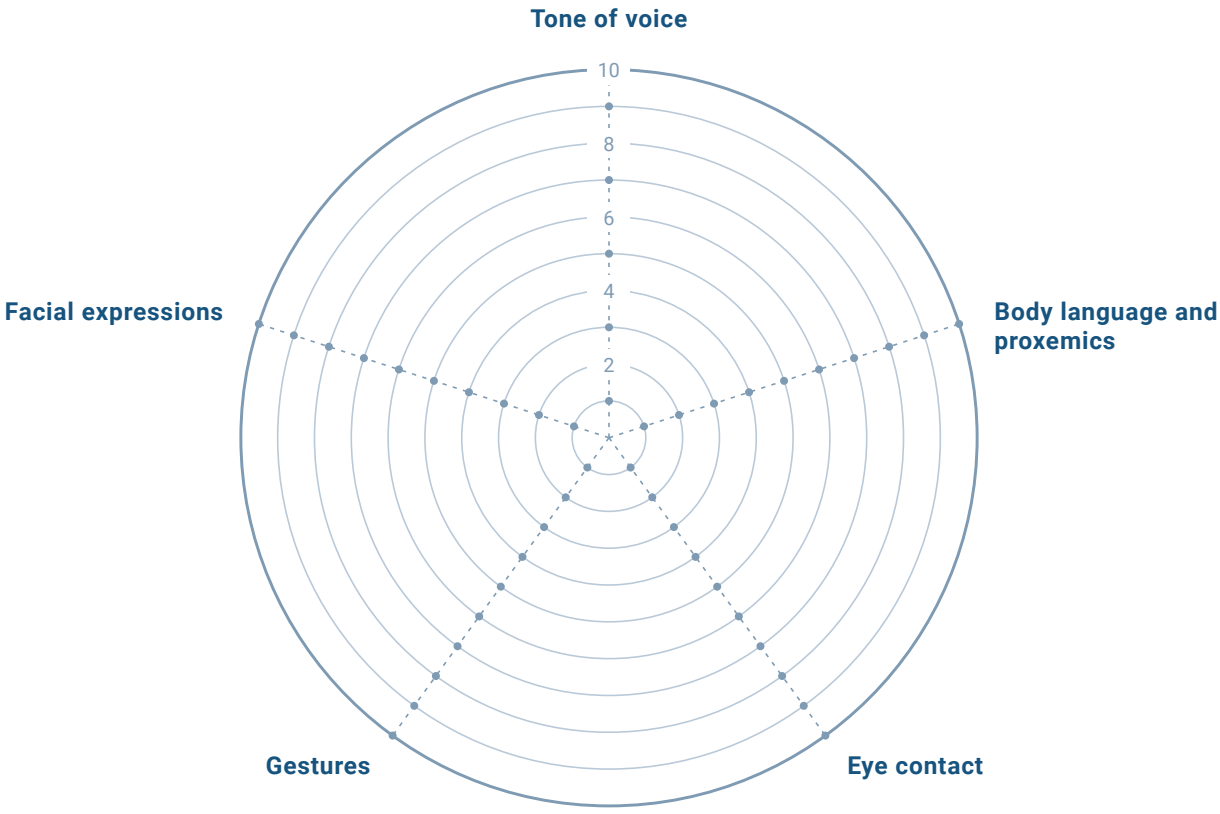
Nonverbal Communication Wheel

Annex 3 · Module 2: Basics Of Communication

The wheel is divided into five sections, one for each area. On each axis, mark how confident you feel today, on a scale from 1 to 10. Then connect the dots to see the shape of your skills wheel. This is not about right or wrong; it's about noticing where you are now.

1 =	I don't know this yet or don't use it	**5 =**	I can do it sometimes	**10 =**	I can do it confidently in real situations



What each area means

Tone of voice
Pitch, volume, pace, warmth, stress.

Body language and proxemics
How we move our body and use space, including posture and distance from others.

Eye contact
Confidence, attention, respect, discomfort.

Gestures
Waving, thumbs-up, pointing, open hand gestures.

Facial expressions
Smiling, frowning, eyebrows raised, confusion, joy.

Which element I want to watch in myself and why

Name: _____ Date: _____

Co-funded by the European Union

DEQ-2023-2-SK02-KA220-YOU-000177746