

NON-VERBAL SKILLS FOR VIRTUAL TEAM LEADERS

All our team can see of us is what comes through the camera, but there are still plenty of non-verbal cues that say a lot about us. Use these tips to send the best possible message.

On Screen

Uncluttered background

Minimal headspace

Contrasting colors

Upper arms visible

Well-dressed

Lighting and Camera

Camera at eye-level

Medium distance to camera

Good posture

Light shines on face

What they see can be as important as what you say