
Why or how to use a mirror when making phone calls

When making phone calls, you can use a mirror to monitor your facial expressions and body language, ensuring you appear engaged and positive even though the person on the other end can't see you, which can positively influence your tone of voice and overall communication style; essentially, by looking at yourself, you can make sure you're smiling, maintaining eye contact (with the mirror), and sitting up straight, conveying a more enthusiastic and approachable demeanor to the caller.

Key points about using a mirror while on the phone:

- **Check your facial expression:**

Look at yourself in the mirror to make sure you have a positive, friendly expression, including a smile, to project a welcoming tone.

- **Observe your posture:**

Ensure you are sitting up straight and not slouching, as this can impact your voice and energy level.

- **Monitor eye contact:**

While you can't make direct eye contact with the person on the phone, looking into the mirror can help you maintain a focused and engaged appearance.

- **Practice active listening:**

By watching your facial expressions as you listen, you can better gauge your level of engagement and adjust accordingly.

Benefits of using a mirror for phone calls:

- **Builds rapport:**

A positive facial expression and confident body language can help create a more positive connection with the caller.

- **Improves communication:**

By being aware of your non-verbal cues, you can better control how your message is perceived.

- **Boosts confidence:**

Seeing yourself project a positive image can boost your self-assurance during a call.