

# COMMUNICATION FACTS

76% OF OUR WAKING HOURS ARE SPENT IN SOME FORM OF COMMUNICATION

9%  
WRITING

16%  
READING

30%  
TALKING

42-57%  
LISTENING

8 TYPICAL NON VERBAL BEHAVIOURS



10% OF CONFLICTS ARE DUE TO DIFFERENCES IN OPINION




90% ARE DUE TO THE WRONG TONE OF VOICE

THOUGHT SPEED IS FASTER THAN SPEECH



AVERAGE SPEAKING  
RATE 125 WORDS  
PER MINUTE



WE HAVE THE  
CAPACITY TO  
UNDERSTAND  
400 WORDS PER  
MINUTE



WE ONLY USE  
25% OF OUR  
MENTAL CAPACITY  
WHEN WE LISTEN



WE HAVE 75%  
MENTAL CAPACITY  
TO THINK OF  
OTHER THINGS



OUR MINDS  
EASILY WANDER