

How to communicate with energy for more effective meetings

Created: Sunday, 03 March 2019 17:52 | Published: Sunday, 03 March 2019 17:52 | Written by [Monika Agarwal](#) | [Print](#)

It is well known that the quality of communication between two or more individuals, impacts the outcome of business meetings. While the exact content of the meeting and its structure are critical, certain external factors like the energy and enthusiasm of the participants in a meeting, also play a very important role in the success or failure of a meeting. In this article, we will offer some simple tips on how you can improve the chances of a better outcome with more energetic communication.



The scientific theory that energy can neither be created nor destroyed but only transferred is very much applicable in a meeting scenario. If you can bring a high level of energy to a meeting, you will be able to transfer that to the participants of the meeting. When there is a higher level of energy, there is a greater propensity for action and things move faster and better!



The question is: how can you contribute energy to the communication by the mere use of words? Well, in addition to words, it is also the tone and style with which the words are delivered. However, for now, let's focus on the words. The mantra there is to use more positive adjectives and [vocabulary](#) when you communicate.

For example, just imagine you have walked into a meeting. The typical question that comes up is: “How are you doing?”. The standard response given out is, “I am fine, thank you. How about you?”

Instead of that, let’s say you respond with: “I am doing great! Thank you. Hope things are awesome with you too!” Just by changing the rather bland and low-energy term “fine” to more positive-sounding words like “awesome” and “great”, you’d [have increased the energy level of the meeting in office.](#)

Take this one step further. You may be asked if you’d like to have a drink. You could choose to just mention the drink you’d prefer - say, water, tea or coffee. Or, you could convey a greater level of appreciation and excitement at having a drink by something like, “Oh, thank you. A cup of coffee would be wonderful and so welcome!”; or “I’d love a cup of tea, thank you!”

Do you notice the difference in the positivity and energy the use of adjectives make to the sentences?



Similarly, always try to end a meeting on a positive note, so that the listener takes away positive thoughts and impressions from the meeting. Such positive sentiments are essential to forge long-term business relationships.

As an exercise, write down some positive words that you can use in greeting people and for using with your colleagues in formal meetings or in other contexts. Then put them to use and see the difference it makes to your professional engagements.

Improve your [spoken English communication skills](#) with eAgeTutor.com, India’s largest online spoken English training provider. Register for a free demo and experience the benefits of learning English online from the comfort of your home or office at your preferred time!

ABOUT EAGETUTOR:

eAgeTutor.com is the premier online tutoring provider. eAge's world-class faculty and ace communication experts from around the globe help you to improve English in an all-round manner. Assignments and tasks based on a well-researched content developed by subject matter and industry experts can certainly fetch the most desired results for improving spoken English skills. Overcoming limitations is just a click of the mouse away in this age of effective and advanced communication technology. For further information on the online English-speaking course or to experience the wonders of virtual classroom fix a demonstration session with our tutor. Please visit www.eagetutor.com.

-By Chander Madan

Category:[Spoken English](#) / [Business English](#)

[Joomla SEF URLs by Artio](#)