

Reading People through Behavioural Intelligence







What is **Behavioural Intelligence**?

- "a capability or capacity for detecting, identifying analysing and interpreting behaviour."
- Behaviour includes verbal and non-verbal actions
- Everyone has behavioural intelligence to a point
- There is no cook-book approach
- Just like any intelligence, discovery, development or enhancement





Behavioural Intelligence Framework





- Two key elements of the Behavioural Intelligence Framework are most useful for reading people
- The Foundation Human Skills
 - Reading People
 - Emotion
- Very difficult to separate sensitivity from deception
- No magic formula
- Life-long practice





Why does deception "leak" through our body?





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- Read gestures in clusters
- Look for congruence and read in Context
- Open vs. Closed posture
- Appendage use
- Rapid vs. Slow movements
- Is this temporary or permanent
- What is choice and what is not





- Genuine non-verbal cues
 - Blushing (embarrassment)
 - Shrugging (sign of helplessness or submission)
 - Genuine smiles (happiness)
 - Operate outside conscious control
- Geographic non-verbal cues
 - Different ways of standing, sitting, eating
- Signature cues
 - Foot shaking, repeated hand drumming, hair twirling
 - Look for signature cues and then deviations from this



- More than just "body language"
- The pointers
 - Dress, grooming, jewellery, motor vehicle, house, office, photographs, books, art, music, toys, friends, enemies, hobbies, charity, status, overt, covert, choices.
- Language
 - Pro-nouns, introductions, statements
- Attention
 - Support responses and shift responses



The Role of Emotion

- Emotions are immediate, automatic, and involuntary reactions to events that are important to us
- Emotions prepare us for behavior
- Emotions can facilitate or block the giving of information
- Accurately reading another person's emotions and reacting well is a key factor in any interaction involving the Human Skills
- Emotions are at the base of all deception



The Seven Basic Emotions





Features That Distinguish Emotion

- Specific events will trigger an emotion
- A number of coordinated and organised response systems for priming behaviour
- Physiological changes
- Mental activities and attention
- Subjective feelings
- Distinctive nonverbal signals shared with other primates
 - Facial expressions
 - Vocal characteristics
 - Postures
- They are immediate, automatic, and unconscious



Our Affective World

Personality Traits	Moods	Emotions	Psychopathology
Hostile	Irritable	Anger	Chronic Impulsivity
Shy	Apprehensive	Fear	Panic anxiety, phobias
Melancholy	Blue	Sadness	Depression
Optimistic	Euphoria	Joy	Mania
Arrogance	Disdainful	Disgust	Anorexia



Micro-expressions

- Micro-expressions are a special case of facial expressions of emotion.
- They are signs of *concealed* emotion.
- They are characterized by
 - Speed (sometimes as fast as 1/60th of a second; contrast with macro expressions)
 - Subtlety
 - Sometimes fragmentary nature





Conclusion

- Anyone can learn to read people
- Not an overnight proposition
- In order to detect emotion we must first see the non-verbal cues
- Watch more and listen less
- Recognising the emotion enables us to understand the motivation and therefore the behaviour
- Better than detecting deception?









