PROFESSIONAL DEVELOPMENT TRAINING

09 884 0762

REQUEST QUOTE

0.5 DAY COURSE

# Body Language Training - 3hours

**The ability to understand body language is a powerful skill that will help you interpret what people are saying unconsciously. Known as "non-verbal communication", body language represents 55% of person-to-person communications, so learning how to use it and read it will give you a real advantage in improving your ability to communicate with others both in the workplace and at home.**

**The PD Training  3-Hour Body Language course teaches you how to recognise the body language of others, while also helping you become more aware of what your own body is communicating. You'll learn how to read facial expressions, hand gestures, body posturing, voice variations and unconscious movements. You'll also be exposed to the differences in genders and how to use body language to your advantage.**

**This is a practical class that is suitable for all audiences and provides people with the tools that they can apply on-the-job (and in other contexts) the very next day.**

**This is an instructor-led class that you can attend from home or your office.**

**We use secure Video Conferencing with interactive features such as live polling, screen sharing, whiteboards, live chat and breakout sessions. Please discuss your preferred platform, most commonly we use Microsoft Teams, Skype for Business, Webex or Zoom upon request.**

**These courses are facilitated in English, and are open to people from different industries across Australia, New Zealand, Singapore, Malaysia and Hong Kong - this is a short but powerful learning experience that gives you global collaboration opportunities.**

**Our trainers and processes have been refined to give you a personalised learning experience where it is specifically targeted to your needs  see our outcomes in the reviews.**

****Please note, these classes run to a very tight schedule, please follow the invitation and join the class 10-minutes prior to commencement so you are ready to participate and don't miss a minute!**

## What You'll Gain:

The ability to interpret body language is a skill that will enhance anyone's career. Body language is a powerful, subconscious form of communication, and just like any other form of communication, it can be improved with practice. Whether in sales or management, it is essential to understand the body language of others and to know exactly what your own body is communicating.

This intriguing professional development training course will teach you the secrets of how to identify what people are really thinking and feeling as expressed by their body posturing, hand gestures and facial expressions. There are also cultural differences to take into consideration as some cultures have very vivid and wild gesturing while others are very somber and reserve. There are also gender-related body language patterns that require consideration too.

# Outcomes

**In this course participants will:**

- Understand the range of nonverbal behaviours that comprise 'body language'
- Understand the nuances of handshakes and touch
- Understand how your personal style influences your body language
- Match body language to words
- Know how to read facial expressions
- Interpret common gestures
- Interpret eye contact
- Understand power poses

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# Modules

### Lesson 1: Meet The Ics Family

- Meet the Family
- Mr Proxemics
- Mrs Haptics
- Cousin Vocalics
- Uncle Chronemics
- Godfather Kinesics
- Reflection

### Lesson 2: Becoming Who You Want To Be

- Aligning Verbal and Non-Verbal Communication
- Body Language and Emotion
- Common Gestures
- Reflection

### Lesson 3: The Body Explored

- The Windows to the Soul
- What you say with your mouth
- The Power in your Hands
- Taking a Stand

- Reflection

**Talk to our expert team**
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