PROFESSIONAL DEVELOPMENT TRAINING

09 884 0762

REQUEST QUOTE

1.0 DAY COURSE

Body Language Training

The ability to interpret body language is a skill that will enhance your ability to exhibit, read and understand non-verbal communication.

The PD Training Body Language training course will enable you to recognise the body language of others while being aware of what your own body is communicating. You'll learn how to read facial expressions, hand and eye gestures, posturing, voice variations and movements and much more.

Body Language training courses are available now throughout New Zealand, including Auckland, Christchurch or Wellington.

Please click on the Public Class tab below to view our Body Language Training course schedule by city or click the In-House Training tab to receive a free quote for courses delivered at your preferred location.

What You'll Gain:

The ability to interpret body language is a skill that will enhance anyone's career in New Zealand. Body language is a specific form of communication, and it needs to be practiced like any other form of communication. Whether in sales or management, it is essential to understand the body language of others and exactly what your own body is communicating.

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
- Know the sign of a fake smile and when someone is lying to you

- Understand the differences in body language across cultures

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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

Lesson 4: Body Language in Business

- Please Sit Down
- Negotiation
- Building Rapport
- Body Language Observations
- Reflection

Lesson 5: Exposing the Art of Deception

- Common Gestures associated with Lying
- Other Deceitful Attributes
- Reflection

Lesson 6: Body Languages Across Cultures

- Behaviours Across Cultures
- Listening Habits and Audience Expectations
- Some things are universal – other things are not
- Touch
- Reflection

Lesson 7: Reflections

- Create an Action Plan
- Accountability = Action

Talk to our expert team

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