

Body Language - (1 Day)

Overview:

This course prepares an individual for understanding the non-verbal signals that we need to interpret in order to have successful relationships. The ability to interpret body language is a skill that will enhance anyone's career. Body language is a 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.

Course Pre-requisites

None!

Course Summary

- Communicating with body language
- Reading body language
- Body language mistakes
- Gender differences
- Non verbal communication
- Facial Expressions
- Body language in business
- Lying and body language
- Improve your body language
- Matching your words to your movement

After attending this program, you should be able to

- Define body language
- Understand the benefits and purpose of interpreting body language
- Learn to interpret basic body language movements
- Recognize common mistakes when interpreting body language
- Understand your own body language and what you are communicating
- Practice your body language skills