Course Overview:

Can you tell if someone is telling the truth just by looking at them? It is a skill that many people do not have. Through body language basics, you will be given a set of tools to use to your advantage. These tools can be utilised in the office and at home. Understanding body language will provide you with a significant advantage in your daily communications.

This training course will provide you with a great set of skills to understand that what is not said is just as important than what is said. It will also give you the ability to see and understand how your body language is being viewed. You will be able to adjust and improve the way you communicate through non-verbal communications.

Course Objective:

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

Course Outline:

- Module One: Getting Started
- Module Two: Communicating with Body Language
- Module Three: Reading Body Language
- Module Four: Body Language Mistakes
- Module Five: Gender Differences
- Module Six: Non-Verbal Communication
- Module Seven: Facial Expressions
- Module Eight: Body Language in Business
- Module Nine: Lying and Body Language
- Module Ten: Improve Your Body Language
- Module Eleven: Matching Your Words to Your Movement
- Module Twelve: Wrapping Up

Who Should Attend:

This training course is suitable for anyone who wants to improve their knowledge of body language and non-verbal communication. These skills will enhance the learner's knowledge and employability opportunities

Training Language:

English-Arabic

Training Methodology:

- Presentation & Slides
- Audio Visual Aids
- Interactive Discussion
- Participatory Exercise
- Action Learning
- Class Activities
- Case Studies
- Workshops
- Simulation