PROFESSIONAL DEVELOPMENT TRAINING

1300 121 400

REQUEST QUOTE

1.0 DAY COURSE

Body Language Training

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 1-day 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.

Our fascinating Body Language training courses are available now throughout Australia, including Brisbane, Sydney, Melbourne, Adelaide, Canberra and Perth.

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 customised 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. 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 sombre and reserved. 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
- 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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