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Applied body language

the secrets of non-verbal communication

Course summary

Significantly improve your ability to interpret the meaning of body language and facial messages with this high-impact half day programme. What a person actually says is only a fraction of what they are communicating and this programme provides an accessible introduction into understanding and interpreting the range of non-verbal messages we all transmit. Managing your body language supports effective communication and can help minimise potential misunderstandings through a more informed approach to non-verbal messages. You will question preconceptions and challenge commonly held assumptions about de-coding non-verbal communication and acknowledge the importance of cultural considerations.

Based on the latest research, the course will reveal the most reliable ways to interpret the range of non-verbal behaviours; how to build rapport and how to improve the way you interact with those around you. You will discover how subtle micro-expressions, facial movements, vocal tone, gestures and body movements can all provide valuable clues into what others are thinking and learn to pick up on the hidden emotions which are present in all interpersonal exchanges. Providing real life examples and tons of practical tips to help improve everyday communication, assertiveness and engagement with others.



Who is it for?

Suitable for all, particularly relevant for anyone interested in developing effective interpersonal relationships, applied communication skills, improving personal impact and extending their influencing skills.

Learning outcomes

By the end of the course, you will be able to:

- Demonstrate an ability to recognise and use effective non-verbal communication skills.
- Accurately interpret a range of non-verbal signals.
- Increase your awareness of cultural variations.
- Identify the variety of non-verbal and behavioural factors which will affect the reception of your messages.
- Acknowledge the impact of gestures and mannerisms in the workplace and beyond.
- Apply the 5 C's of body language to improve your personal impact and strengthen group dynamics.
- Assess your own ability to empathise with others.

What else do I need to know?

Half day programme, with more detailed 1 day **What Every Body is Saying** skills programme available.

During the session you will be given the opportunity to discover how effective you are at reading the unspoken body-tells of others.

Part of the **Communicate and Connect** suite of programmes. Links to: **Listen Up, The Language of Work and Active Communication Using TA.**

To find out more, or discuss your requirements please contact us:



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