PROFESSIONAL DEVELOPMENT TRAINING

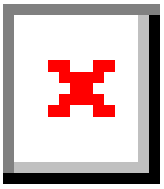
016 299 1479

REQUEST QUOTE

1.0 DAY COURSE

Body Language Training

Body language is a powerful form of non-verbal communication, and through it you convey a range of emotions and reactions to others. While verbal and written communication will vary from country to country and region to region, human body language can be quite universal.



Hence, learning how to make accurate interpretations of other's body language helps you build better relationships, especially in cross-cultural situations. Enroll in a Body Language training course from PD Training today to become a more effective and complete communicator.

This course will help you effectively understand the different forms of body language and their meanings. Learn about posturing, handshakes, eye movements, mirroring, differences among genders and much more. Having the ability to correctly interpret body language is a talent that can be mastered through practice and effort.

This Body Language training course from PD Training is now available in Malaysia and Kuala Lumpur!

This Body Language training course can be delivered at your premises by one of our expert local or international trainers or live online using our HIVE technology.

Contact us today for a quote or enroll now into the next public course date.

What You'll Gain:

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.

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

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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