PROFESSIONAL DEVELOPMENT TRAINING

Body Language Training

REQUEST QUOTE

1.0 DAY COURSE

In business communication, it is important to able to understand what is and what is not being said through reading the other persons' body language. The Body Language Training course from PD Training enables you to not only develop the ability to interpret other people's body language, but also how to manage your own body's communication.

You will learn the following topics in this course: what is body language, the importance of understanding body language, interpretation of voice variations, facial expressions and gestures, differences in body language between genders, common body language mistakes to avoid, how to manage and use body language to improve communications and much more.

This comprehensive training course is available across the U.S., including Atlanta, Austin, Baltimore, Birmingham, Boston, Charlotte, Chicago, Dallas, Houston, Jackson, Los Angeles, Manhattan, Miami, New York, Orlando, Philadelphia, San Antonio and Seattle.

What You'll Gain:

The ability to interpret body language is a skill that can 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 in management, it is essential to understand the body language of others and exactly what your own body is communicating to others.

Outcomes

In this course participants will:

- Understand the range of nonverbal behaviors 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

- Behaviors 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

Phone:

Email: