



Body Language Training

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This three-hour, instructor-led **Body Language Training Course** teaches participants how to interpret and use non-verbal communication more effectively at work. Participants will explore facial expressions, gestures, posture, eye contact, handshakes, touch and the influence of personal communication styles. The course examines how to match body language with spoken messages, recognise common behavioural signals and use confident physical presence appropriately. Delivered live online by an experienced trainer, it is suitable for professionals who want to improve communication, presentations, interviews, negotiations, leadership and workplace relationships.

What You'll Gain:

First impressions form before a word is spoken. Learn to read body language, avoid unintended signals and align your own with confident, credible communication.

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

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

Investment

\$450.00

Upcoming dates

Wed 09 Sep

10:00 AM*

Tue 01 Dec

09:00 AM*

Fri 26 Feb

09:00 AM*

Thu 29 Apr

09:00 AM*

*Timezone: America/Los_Angeles