

BODY LANGUAGE TRAINING

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COURSE LENGTH: 1.0 DAYS

Some people don't always mean what they say. However, if you know how to interpret body language, you will be able to understand what is not being said, which could be just as important as what is being stated verbally. The Body Language training courses from PD Training will enable you not only to recognise the body language of others, but will also make you conscious of the signals your own body is communicating.

The Body Language training course covers the following topics: meaning of gestures, differences in body language between genders, common body language mistakes to avoid, meaning of facial expressions, how to use body language to instil trust and strengthen a point or issue and how to detect deception based on the person's body language.

This comprehensive course is now available in London, Birmingham, Leeds, Glasgow, Sheffield, Bradford, Edinburgh, Liverpool, Manchester and UK wide.

Please click the In-House Training tab to receive a free quote for courses delivered at your preferred location.

BODY LANGUAGE TRAINING COURSE OUTLINE

FOREWORD

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
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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

WEB LINKS

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- ▶ [View this course online](#)
 - ▶ [In-house Training Instant Quote](#)