

**Body Language 101; Mastering Communication**

A course that delves into the fundamentals of body language, non verbal communication skills and the art of conveying messages effectively is what you're looking for. You can also explore modules that combine body language and gestures with an understanding of intelligence.

Emotional intelligence plays a role, in managing and understanding our emotions. It's crucial to harness the power of gestures in our speech. A good course will equip you with the skills to identify your emotions and effectively express them. By improving your ability to communicate ideas clearly you'll enhance your work performance.

Course Overview

The initial part of the program will focus on creating an environment where participants can introduce themselves and discuss their learning objectives.

**By the end of this workshop participants will be able to;**

* Grasp the significance of body language in communication.
* Differentiate between inappropriate body gestures.
* Cultivate posture to make an impression.
* Boost self-confidence.

**Understanding Body Language;**

During this session participants will gain insight into interpreting aspects of body language.

**Respecting Personal Space;**

This session will explore topics such, as maintaining space in professional interactions and developing peripheral vision for better situational awareness.

**What is Your Facial Expression Saying?**

During this session participants will gain knowledge and understanding of expression, facial gestures, eye signals and micro expressions.

**What is Your Body Language Saying?**

In this session participants will explore the meaning behind gestures. They will also learn about the significance of hand gestures and body posture.

# Mirroring and Leading

Participants will be introduced to creating connections Neuro Linguistic Programming (NLP) matching and mirroring techniques as pacing and leading.

**Monitoring Your Posture**

This session focuses on teaching participants how to maintain posture

**Dressing Professionally**

Participants will learn the importance of dressing to make an impression.

**Handshakes That Make an Impact**

This session aims to teach participants the elements of a handshake and how to make a winning introduction.

**How are you doing?**

This session delves into body language and its impact, on others’ perceptions.

**Workshop Conclusion**

At the end of the course students will have an opportunity to ask questions and create an action plan.



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