THE IMPACT OF BODY LANGUAGE ON COMMUNICATION

 workblis.

Length: 90mins, Half Day
**Delivery Option:** Face-to-Face, Virtual

INTRODUCTION:

Body language is an important aspect of communication that can often convey more information than words alone. In this skills training program, employees and managers will learn about the impact of body language on communication and how to use nonverbal cues effectively in professional settings.

Through a combination of theoretical explanations and practical exercises, participants will learn how to read and interpret body language, as well as how to use nonverbal cues to convey their own thoughts, feelings, and intentions in a way that is clear and effective.

Training Aims and Objectives:

- Understand the impact of body language on communication
- Learn how to read and interpret body language
- Practice using nonverbal cues effectively through role-playing and group exercises
- Develop strategies for using body language to improve communication in professional settings
- Improve communication skills and strengthen relationships with colleagues and clients
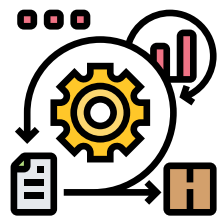
Methodology:

- Lectures and discussions on the theoretical foundations of body language
- Role-playing and group exercises to practice and apply body language skills

Frameworks covered:

- The SOLER technique for effective nonverbal communication
- The importance of congruence between verbal and nonverbal cues
- The use of body language in public speaking and presentations

Conclusion:

At the end of this session, participants will have a solid understanding of the impact of body language on communication and the tools to apply these skills in their daily work.

The goal is for participants to be able to read and interpret body language effectively and use nonverbal cues to convey their own thoughts, feelings, and intentions in a clear and effective way.

This will not only improve communication skills and strengthen relationships with colleagues and clients, but also enhance overall professional performance and success.