

UNDERSTANDING AND USING BODY LANGUAGE AT WORK

Aim: to improve participants' ability to read and use body language at work, to create more successful interactions.

Objectives:

By the end of the course participants will have:

- Understood the potential impact of body language at work
- Identified key body language signals, positive and negative
- Analysed body language signals – outgoing and incoming – in a series of common workplace situations
- Improved their ability to interpret the body language signals of others: and tailor their own

Numbers: 12 maximum

Duration: ½ day

Suitable for: Anyone who wants to improve their knowledge, understanding and use of body language at work.

UNDERSTANDING AND USING BODY LANGUAGE AT WORK – COURSE DESCRIPTOR

Actions speak louder than words! This focused, practical half day lets participants understand the basics of body language in the workplace, both their own and others; with a view to increasing understanding of others' actions; and the impact of their own.