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# The language of Body

## **PROGRAM OVERVIEW:**

We interpret so much of our world through the lens of body language, whether we know it or not. Non verbal cues are powerful communication tools, and it is critical for us to recognise these valuable signals to improve our ability to influence, connect and perform.

## **KEY LEARNING OUTCOMES:**

- Understand the “why “ and “what” of body language and it’s effect one our personal & professional relationships
- Use visual acuity, hierarchy of status and other body language tools to improve their ability to communicate and influence with everyone they meet.

## **WHO SHOULD ATTEND?**

- We invite everyone to attend, there are no restrictions here.

## **PROGRAM INCLUSIONS:**

This very hand-on program helps participants to:

- Understand why body language is important to recognise & utilise
- Better interpret and influence their relationships through the lens of body language
- Use time-proven body language levers to affect real outcomes.

## **DURATION:**

- 1 - 2hr sessions available online via ZOOM
- 2 - 4hr sessions available face to face.

## **PROGRAM PREREQUISITES:**

There are no prerequisites for this program.

