

## **Body Language Exposed**

Do you know that humans communicate 90% through nonverbal communication?

Do you want to understand your friends and family members better?

Do you want to enhance your relationship with your partners by understanding their body language?

Do you want to avoid deception and lie through body language?

### **Introduction**

While it is difficult to fully understand how a person feels and thinks, observing body language can glean a lot of cues about the silent messages being conveyed. Among people who are very close, miscommunication often arises because people aren't exactly very open most of the time about what they want to say. Humans tend to conclude and perceive a person according to their five senses and verbal communication. Unfortunately, most of us always jump to the wrong conclusions because we do not analyse the situation properly and completely. As a result, there is a need for us to understand body language as an important tool. This program gives you the fundamentals on how to read people and understand nonverbal communication.

### **Program Objectives**

This training program aims to:

- Expose to participants on the fundamental of nonverbal communication
- Enable participants on the application of nonverbal communication skills in their daily work

### **Learning Outcomes**

After completing this program, participants should be able to:

- Understand the function and apply principles of body language
- Read and interpret the movement and gestures during interpersonal communication
- Improve relationships and communication among couples, between children and colleagues.
- Identify deceit and untruthfulness

### **Who should attend?**

Non-managerial, first-line management, middle management, senior management and anyone who has an interest in body language

## Methodology

Case studies, forum discussion, role-play, presentations, gamification

## Program Outline

Time	Day One
9.00am – 10.30am	<b>Understand the Concepts of Nonverbal Communication</b>  In this module, you will learn the fundamentals of nonverbal communication, the evolution of body language, the role and function of nonverbal communication and basic principle to understand the concepts
10.30am-11.00am	<b>Break and Networking</b>
11.00am-12.00pm	<b>Apply the Right Methodology to Analysis Nonverbal Communication</b>  In this module, you will start to learn the skills on how to observe and run a nonverbal observation, the ethical consideration when conducting a nonverbal communication analysis.
12.00pm-1.00pm	<b>The Window to our Soul</b>  In this module, you will learn to reveal the meaning that is delivered through our eyes. Pupil dilation, eye movement, eye contact intensity and eye positions are shared in this session.
1.00pm-2.00pm	<b>Lunch Break and Networking</b>
2.00pm-3.30pm	<b>Unravelling an Enigma: Facial Expressions</b>  This module helps you to understand the type of facial expression, forehead, eyebrow, chin and lips. The different regions of facial expression give various tips to reach the heart of a person.
3.30pm-4.00pm	<b>Break and Networking</b>
4.00pm-5.00pm	<b>Touch – A Bonding Interaction</b>  In this module, participants will learn the various types of tactile contact, touching behaviour. The concept in tactile contact includes

	self-touch are shared in this module
<b>Time</b>	<b>Day Two</b>
<b>9.00am – 10.30am</b>	<p><b>The Center of Power: Hands</b></p> <p>This module helps participants to understand the concept of gestures, palms, various type of handshakes and hand movement analysis</p>
<b>10.30am-11.00am</b>	<b>Break and Networking</b>
<b>11.00am-12.00pm</b>	<p><b>Defensive and Opening Channels: Arms</b></p> <p>This module exposes you to different arming styles and various message deliveries. With understanding this concept; participants could identify the meaning of the micro movement of arms.</p>
<b>12.00pm-1.00pm</b>	<p><b>Feeling or Emotion Expresser: Emotional Feet</b></p> <p>Feet and legs are the main elements to be analysed by a body language specialist. In this module, the participants will learn the feet and walking style.</p>
<b>1.00pm-2.00pm</b>	<b>Lunch Break and Networking</b>
<b>2.00pm-3.30pm</b>	<p><b>Space and Body Language</b></p> <p>This module enables you to understand the concept of space between the individuals. From the space analysis, participants would be able to identify the relationship between individuals. At the same time, participants could understand the message sent between individuals through space analysis.</p>
<b>3.30pm-4.00pm</b>	<b>Break and Networking</b>
<b>4.00pm-5.00pm</b>	<p><b>Nonverbal Communication and Lie Detection</b></p> <p>This module covers the fundamentals of deception such as the danger of deception. Also, this module shares verbal clues and nonverbal clues to detect deception.</p>