Certified Body Language Practitioner

Keen to have a deep understanding of human attitude and behaviour through body language? Want to learn comprehensive skills to understand hidden messages during human interaction? Interested in venturing your career as a body language consultant?

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. Even 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 other non-verbal communication.

Program Objectives

This program aims to :
- Prepare participants to have deep knowledge of body language.
- Enable participants to have sufficient mastery of analysing body language.
- Train body language consultant and expert as a new career.

Learning Outcomes

After completing this program, participants should be able to
- Read and interpret the nonverbal cues during interpersonal communication
- Improve relationships and communication with others.
- Prepare a professional report for body language analysis

Who should attend?

Middle management and senior management

Methodology

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

Program Outline

Time	Day One
9.00am – 10.30am	**Understand the Concepts of Nonverbal Communication** In this module, participants would learn the fundamentals of nonverbal communication, the evolution of body language, the role and function of nonverbal communication and basic principles to understand the concepts.
10.30am-11.00am	**Break and Networking**
11.00am-1.00pm	**Understand the Concepts of Nonverbal Communication** Participants would learn a method to set objectives before conducting the nonverbal analysis. In this module, participants would learn the principle such as context, consistency, baselining and congruence would be introduced in this module.
1.00pm-2.00pm	**Lunch Break and Networking**
2.00pm-3.30pm	**Apply the Right Methodology to Analysis Nonverbal Communication** In this module, participants would start to learn the skills of how to observe and run a nonverbal observation, the ethical consideration when conducting a nonverbal communication analysis.
3.30pm-4.00pm	**Break and Networking**
4.00pm-5.00pm	**Apply the Right Methodology to Analysis Nonverbal Communication** Participants would learn how to use software to analyse and observe nonverbal communication. The candidate would be using the technology to analyse the nonverbal for more accurate interpretation.

Time	Day Two
9.00am – 10.30am	**The Window to Our Soul** In this module, participants would 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.
10.30am-11.00am	**Break and Networking**
11.00am-1.00pm	**The Window to Our Soul** Participants need to conduct a hands-on analysis of various scenarios. In addition, participants would learn eye-mapping analysis to complete eye movement observation.
1.00pm-2.00pm	**Lunch Break and Networking**
2.00pm-3.30pm	**Unravelling an Enigma: Facial Expressions** 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	**Break and Networking**
4.00pm-5.00pm	**Unravelling an Enigma: Facial Expressions** Participants would learn the fundamentals of Facial Action Coding System (FACS) to analyse facial expression. The participant would have fundamental knowledge of how FACS works and understand the basic reporting system of FACS.

Time	Day Three
9.00am – 10.30am	**Touch – A Bonding Interaction** In this module, participants would learn the various types of tactile contact, touching behaviour. The concept in tactile contact includes self-touch and is shared in this module.
10.30am-11.00am	**Break and Networking**
11.00am-12.00pm	**Touch – A Bonding Interaction** Participants would be exposed to the various intensity of touch, and different case studies are exposed to the candidate to enhance their skills in observing human touch.
1.00pm-2.00pm	**Lunch Break and Networking**
2.00pm-3.30pm	**The Centre of Power: Hands** This module helps participants to understand the concept of gestures, palms, various types of handshakes and hand movement analysis.
3.30pm-4.00pm	**Break and Networking**
4.00pm-5.00pm	**The Centre of Power: Hands** Participants would learn hand-gesture table analysis that helps to analyse the power of hand effectively. The movement of the hand and the position of the hand is taken into consideration for analysis during this module.

Time	Day Four
9.00am – 10.30am	**Defensive and Opening Channels: Arms** This module exposes you to different arming styles and various message deliveries. To understand this concept; participants could identify the meaning of the micro movement of arms.
10.30am-11.00am	**Break and Networking**
12.00pm-1.00pm	**Defensive and Opening Channels: Arms** Participants would learn how to relate arms movement as the triangulation with hand and human touch. Triangulation analysis is shared in this session.
1.00pm-2.00pm	**Lunch Break and Networking**
2.00pm-3.30pm	**Feeling or Emotion Expresser: Emotional Feet** 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.
3.30pm-4.00pm	**Break and Networking**
4.00pm-5.00pm	**Emotion Expresser: Emotional Feet** From the observation, participants would learn emotional mapping to understand body language in a natural way. In this module, participants would focus on the overall context and the congruency of the leg movement and the other parts of body language.

Time	Day Five
9.00am – 10.30am	**Space and Body Language** This module enables participants to understand the concept of space between individuals. From the space analysis, participants would be able to identify the relationship between individuals.
10.30am-11.00am	**Break and Networking**
11.00pm-1.00pm	**Space and Body Language** Participants could understand the message sent between individuals through space analysis. The participants would take into consideration culture, gender and other possible factors that might affect human attitude.
1.00pm-2.00pm	**Lunch Break and Networking**
2.00pm-3.30pm	**Report writing for a nonverbal consultant** This module covers format and method on how to write a report for body language analysis. From the report, the body language expert can help change human behaviour through the changing of nonverbal communication.
3.30pm-4.00pm	**Break and Networking**
4.00pm-5.00pm	**Report Presentation** In this module, participants would present the findings, and submit the report of the analysis for evaluation. The participants would set the criteria for continuous learning in the field of body language.