

Body Language Basics Skills Workshop

The Body Language Basics workshop will teach you skills that you can use to your advantage when communicating with others. These skills can be utilised in the office and at home.

Body Language Basics will provide you with a great set of skills to understand that what is not said is just as important as what is said. It will also give you the ability to see and understand how your own Body Language is being seen. You will be able to adjust and improve the way you communicate through non-verbal communications.

Workshop Objectives:

- Define body language
- Understand the benefits and purpose of interpreting body language
- Learn to interpret basic body language movements
- Recognise common mistakes when interpreting body language
- Understand your own body language and what you are communicating
- Practice your body language skills



For more information
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