



Body Language Awareness in Today's Workplace

Today's workplace is both physical and virtual. Your body language travels with you.

Body language affects how others see us. Posture, facial expressions, gestures, eye contact and movement all send messages. This practical course looks at the signals we send every day. It also explores how easily these signals can be misread. Common habits include slumping, eye rolling, head shaking, pointing, folded arms, fidgeting and looking distracted. The course covers both face-to-face and virtual settings. Small distractions and movements can become even more noticeable on screen. Participants will build greater awareness of their own body language. They will also learn how to make adjustments so that their sure their actions support the message they want to send.

Key Course Content:

- Recognise common non-verbal signals and how others may read them
- Identify habits that may send the wrong message
- Make a positive first impression (You don't get a second chance)
- Match body movement with your speaking pace
- Spot unhelpful body language habits quickly
- Use posture to appear confident and engaged
- Understand how heuristics shape first impressions
- Use eye contact effectively in person and online
- Recognise positive and helpful gestures
- Decipher Darth Vader's emotions as a fun final activity



Target Audience:

The course can be tailored for the specific cohort.



Duration:

This course is available as a 1-day course or a truncated ½ -day course.



Delivery:

This course can be delivered both in-person or virtually. For virtual delivery, we can use our virtual platforms or your organisation's.



Group Size:

We recommend a group size of 4-10 people.