

ONLINE TRAINING THE POWER OF BODY LANGUAGE



INDIA

THE **PHYSICAL LANGUAGE** OF THE
BODY IS SO MUCH MORE POWERFUL
THAN **WORDS**. ——— **BILL IRWIN**

INTRODUCTION

The Power of Body Language online course from The British School of Etiquette India has been designed to provide insight into the skills to work confidently with the practices and principles related to the field of Body Language.

The Power of Body Language course shall help you develop the key skills and knowledge related to learning and practising Body Language. This online training will provide insight and understanding into working with the principles of Body Language with the use of practical examples.

This programme is accredited by CPD and you will receive a certificate on completion of the course.

COURSE STRUCTURE

YOUR TRAINER: MR PHILIP SYKES

Philip Sykes is the UK's leading etiquette trainer and consultant with a global reputation for professional excellence. He has more than 25 years' experience of engaging with clients at the highest level to bring the transformational power of etiquette to the forefront of their business and personal lives.

INTRODUCTION TO BODY LANGUAGE

Body language is defined as the non-verbal communication between two individuals or a group of individuals through physical behaviours such as limb movements, facial expressions, eye movements, other bodily gestures and postures. Body language comes into picture not only during normal conversations, but also during formal discussions, interviews, group discussions, panel meetings, etc. Proper body language not only conveys the right message to the recipient. Philip explains the meaning of body language, and what is positive body language.

FLAWS IN COMMUNICATION

Communication is the sending of a message from a sender to a receiver. It may sound simple, but there are many possible problems or barriers that can keep two parties from effectively communicating. Some of the problems originate in the sender, and some problems originate in the receiver. Philip explains the various areas in the flaws of communication like the lack of sensitivity, lack of skill, lack of knowledge, overload of information and the lack of emotional interference.

GAINING CONFIDENCE WITH POSITIVE GESTURES

A large percentage of communication and how people perceive you comes from body language. This includes posture, gestures, facial expressions, and eye movements. Your body language might reveal your true feelings or intentions or self-confidence. Philip shares the confident body language patterns to boost your confidence and explains the understanding and management skills of body language.

PASSIONATE GESTURES

Gestures are movements of the head, hands, arms and body that send a message – actions like pointing, waving and nodding. Body-language savvy is becoming part of an executive's personal brand. Great leaders sit, stand, walk, and gesture in ways that exude confidence, competence, and status. Philips shares the Power of Body Language.

BASIC BODY LANGUAGE

What are some of the basic body language cues that we display and what kind of effect can they have on the impression we make on other people? Philip shares and guides to understanding what our bodies are saying. He explains how to read body language and how to improve your body language.

TURNING INTO A MAGNETIC PERSONALITY

There are two elements involved in becoming a magnet. The first is your ability to attract people. The second is your approachability, the extent to which others perceive you as being open. Together, these two qualities create a positive attitude, one of the top traits of a master networker. Together, they influence how magnetic you are for your business. Philip shares in business, magnetism typically means being a centre of influence. What if you could become a living magnet for your business? Who or what would be attracted to you?

ARRESTING AUDIENCES ATTENTION

If something interesting or surprising arrests your attention, you suddenly notice it and then continue to look at it or consider it carefully. Philips shares and explains how to arrest and retain your audience's attention. He shares communication techniques used to gain and maintain the attention and interest of your audience, highlighting how to capture your audience attention.

UTILISING SPACE EFFECTIVELY

There are many ways in which we communicate, and many of them don't involve saying anything. Explore nonverbal communication and discover how we use physical space to communicate our attitudes and feelings. However, there are several ways to communicate without words. Many of them involve your interaction with physical space. After all, actions really do speak louder than words. Philip highlights how to utilize the space effectively.

DEEPER INSIGHT INTO BODY LANGUAGE

When you use positive body language, it can add strength to the verbal messages or ideas that you want to convey, and help you to avoid sending mixed or confusing signals. Philip shares skills and tools to understand the decoding and encoding skills of body language. You will shift your own awareness from the unconscious into the conscious by learning about the subject, and then by practising your reading of non-verbal communications in your dealings with others.

DURATION:
1.5 hours

INVESTMENT:
INR 15,000
plus 18% GST

CERTIFICATION:

The British School of Etiquette - The Power of Body Language
The Continuing Professional Development - CPD

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