



MIRRORS BODY LANGUAGE

"Actions speak louder than words." - Unknown

In today's fast-paced world, non-verbal cues can often speak louder than words. By honing your body language skills, you will build trust with clients and enhance your responsiveness to their needs. Our course will empower you to become a leader who conveys confidence and empathy, fostering stronger relationships with clients. Learn how to effectively read and interpret non-verbal communication from both team members and clients. Discover your ability to convey confidence and empathy through body language, ultimately becoming a more effective communicator. Join us as we delve into the world of non-verbal communication!

Key Course Content:

- Understanding the impact of body language in leadership roles
- Recognising non-verbal cues and their meanings
- Identifying and addressing non-verbal barriers in team interactions
- Enhancing empathy and emotional intelligence through body language mastery
- Utilising body language to convey confidence and credibility as a leader
- Cultivating stronger relationships with team members and clients through effective body language
- Integrating non-verbal communication skills into leadership strategies and practices
- Creating a positive and professional atmosphere through body language awareness.



Target Audience:

The course can be tailored for the specific cohort whether it be the leadership team, another group of managers/team leaders or employees.



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 organisations.



Group Size:

We recommend a group size of 4-10 people.