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Title of the training:

Body Language Complete Certification Program

Course Overview

While You're Talking, what is your body saying? A lot of people ask this question: "Why is body language so important?" Studies have shown that in the process of communication, non-verbal expression has 65% to 93% more influence than actual text. This means that "how to say" is more important than "what to say".

How do we stand? How aggressive or non-threatening are our gestures? How do our eyes, skin, hair, clothes and shoes look? Do we look happy or sad, clean or untidy, confident or nervous, tired or awake?

Body Language is all the non-verbal communication we make – both conscious and unconscious.

The tricky thing about body language is that you are usually unaware of the messages you're conveying nonverbally. When presenters see themselves on videotape, they're often surprised to see that their body language conveyed an entirely different message from the one they had intended. For example, some people actually shake their heads "no" when they say "yes."

Objectives and Benefits

- 1. Connect with people better
- 2. Prevent Conflict
- 3. Improve Your Presence
- 4. Understand how you come across to other people and be able to send the right message
- 5. Read the signals that another person is sending back. Use nonverbal communication to increase your income and influence as a business owner/manager. Master body language for success.

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Training outline

Day 1 (7 Hours)
Foundation of Body Language
5 Types of gestures detailed
How to read people like open books with minimum bias
How to detect hidden emotions
Handshakes
Smiles

Body language in business, social & intimate settings Body language for women Body language for men

Build credibility and rapport Emotions and Their Physical Expressions

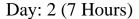
The BETA model
The Body Language Congruency Model
The brain in action
The face in motion

Stance and its implications Body Language Challenge (Practice Exercises)

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Proxemics Haptics

Read:

The head

The face

Arms and Hands

Torso

Legs and Feet

Principles of Persuasion

Rapport Building Tactics

Connectivity

Breathing

Attitude Flags

Real or Fake?

Day: 3 (7 Hours)

101 Body Language interpretations The Body Language Interactive Game

Day: 4 (7 Hours)

The hidden secrets Of Body Language Revealed

(30 situational interpretations)

Practice drills

Questions and answers

Day: 5 (7 Hours)

The hidden secrets Of Body Language Revealed

(30 situational interpretations)

Practice drills



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Day: 6 (7 Hours)
The hidden secrets Of Body Language Revealed
(30 situational interpretations)
Practice drills

Day: 7 (7 Hours)
The hidden secrets Of Body Language Revealed (30 situational interpretations)
Practice drills
Summary and wrapping up

Training Methods and Techniques

Interactive training that includes role play, visuals, live exercises and demonstrations.



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Brief about the Trainer
Jonathan Choufany
Founder of Humans Decoded
Communication Skills Trainer,
Award-winning Coach, TEDx Speaker,
TV Show Expert, Personality Profiler,
Body Language Master & Human Lie Detector.



As a certified Body Language master, "BLAST® Deception Expert", instructor in deception detection and a company representative for "Whetstone Security Group (USA)" in Lebanon, he coaches people how to project more power with fewer words, build better rapport, assess truthfulness and restore credibility using the powerful skills of non-verbal communications.

In addition, he provides presentation empowerment programs using the "Body Language code for success" for better interaction and public speaking. Also he's a TEDx public speaker and taught in AUST, NDU, LIU, USJ, USEK & Antonine Universities, American Center Beirut, Lebanon Career Expo (UNESCO Palace), NRC international NGO, MASAR (NGO), METLIFE insurance, Standard Chartered bank, IESEG School of business (Paris), Lebanese Development Network (NGO) along with many public and private corporate training sessions.

Also he's done 70+ TV (Including SKY NEWS Arabia, Al Jadeed, AL ARABY TV, OTV, Lebanese National TV & Al Hadath TV...) & radio interviews (Including the national Lebanese radio station...) and was a regular guest on a TV show assessing politicians' and other famous guests' body language.

Languages

English + Arabic

Duration of the Course

This training is to be completed within 50 hours.