

Jonathan Choufany
Body Language Master
Humans Decoded

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Title of the training:

Micro Expressions Essentials

Course Overview

Micro Expressions are the cornerstones of emotional intelligence. This is why people with better emotional intelligence skills perform better.

“Emotional Intelligence is twice as important as technical and cognitive skills combined for a successful career”

Daniel Goleman in Harvard Business Review

Objectives and Benefits:

1- Career Success: Emotional Intelligence, as a determinant of high performance, is twice as important as technical and cognitive skills combined for a successful career (Daniel Goleman, published in Harvard Business Review, “What Makes a Leader?” in 1998)

2- Developing Leaders: Emotional Intelligence is more than 85% of what enables “star performers” to develop into great leaders

3- Dealing with difficult people: Developing emotional intelligence skills increases the understanding between people which minimizes time wasted arguing and defending turf.

4- Team Performance: People with highly developed emotional intelligence skills get along better and don’t let anxieties and frustrations get in the way of efficiently solving problems.

5- Motivation/Empowerment: People with high emotional intelligence skills positively impact every person they contact. They are the role models of excellent performance.

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For CEOs & Managers: to be aware what their employees experience and for more effective people management

For Recruiters: to see if the potential candidates say the truth

For Negotiators: to see the hidden emotions on the face of others

Training outlines

- o Physiology of 7 basic emotions, variations and their meaning.
- o What do emotions symbolize?
- o What is their message?
- o What muscles can you easily control and what not?
- o What emotions are voluntary and what not?
- o How to see faked, masked or interrupted Micro Expressions?
- o How to apply this knowledge in sales, HR, management

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.

Language:

Arabic/English

Duration of the Course:

This training is to be completed within 14 hours