

Jonathan Choufany

Body Language Master

Humans Decoded

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Title of the training:

Personality Profiling

Why Learn About Personality

Every day, you have to interact with yourself as well as other people in your family, work, and romantic relationships. Each of them has a unique personality.

People are different, and it can be challenging to understand other perspectives because you see the world through the lens of your own particular personality.

Although personality differences can be frustrating, they are important. Each personality type is evolved to solve a different kind of problem. Humans cooperate in societies by solving many kinds of problems together, through these diverse personality types.

Through this course, you can learn to understand yourself and others better, and to more effectively cooperate with other people.

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This course is based on the Big Five Personality Model.

The Big Five personality traits, also known as the five-factor model (FFM), or by the mnemonic “OCEAN”, is a taxonomy for personality traits. Scientists developed the five-factor model following statistical analysis of the language people use to describe other people. They found that personality adjectives tended to clump into five major categories.

The five-factor model emerged from this, and it includes the following traits:

- 1-EXTRAVERSION
- 2-NEUROTICISM
- 3-AGREEABLENESS
- 4-CONSCIENTIOUSNESS
- 5-OPENNESS TO EXPERIENCE

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