



e-learning

# Body language

When communicating, we act with full physical commitment.

We consciously and unconsciously express emotions that go beyond what is being said. When in doubt, many people trust these body-language signals more than the spoken word.

It is, therefore, important to recognise and understand these signals. Which is exactly what this training aims to help people to do.

Group of participants:

For all those who want to learn more about non-verbal communication and the targeted use of body language.

Duration: **approx. 0,5 hours**

Language:  

## Learning objectives

- ✓ You know what distinguishes non-verbal communication from verbal communication.
- ✓ You know the aspects of body language.
- ✓ You can interpret body language correctly.
- ✓ You can use body language depending on the situation.
- ✓ You are able to appear authentic and confident.

## Contents

- What languages do our bodies speak?
- What is innate – what is learned?
- Do you understand body language?
- How do you deal with conflicting signals?
- Keeping your distance: How close is too close?
- How do you position yourself in conversation?
- How can you act authentically and confidently?



Information on the web

[www.haufe-akademie.de/el](http://www.haufe-akademie.de/el)



Let us advise you

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