





What effect do you have on others? The next time you are out and about in a precention zone, why net try buring: 1. Know, a struktfragmaner, your hond induct alow be alrayed withy you be not lowery parts. Your steps should be determined and any length with all by our othor? How do shot my people and its you? Do it any of your norm of the do shot my people and its you? Do it any of your norm of the do shot my people and its you? Do it any of your norm of the do shot my people and the shot my do all any of the dot that have all a new people when the shot my dot any of your norm of the dot shot my and be doned, your you goal. This . Then ty the opeople is unity your dotted, your you goal. This



## 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?

