

SUCCESSFUL BODY LANGUAGE

A one-day highly interactive workshop designed for those who wish to harness the power of body language awareness and become more successful in business.



This workshop will help participants understand the important role that body language awareness has in our every day communications. Through a variety of highly interactive exercises and role-plays, participants will increase their use of successful body language techniques, become more adept at reading other people's hidden messages and as a result become more successful in their business environment.

About Skillstudio

Skillstudio is one of the UK's leading providers of presentation & communication skills training and coaching services. We are passionate about drawing out the best in people. Since early 2001, Skillstudio's trainers have worked with thousands of people from over a thousand companies and organisations throughout the UK and Europe. **Our client base now includes more than 50% of the FTSE100 companies.** Other clients include International Blue Chip companies through to SME's; Central Government bodies through to local borough & county councils; schools; colleges; universities; hospitals; and charities. In addition, we have worked with numerous private individuals on a one to one basis and via our public courses. Skillstudio is also an approved external CPD training supplier for the Law Society of England & Wales.

Workshop Objectives

- Discover when body language is an important mode of communication
- Use body language to increase your personal impact
- Increase your presence and strengthen your command over your listeners
- Learn how to use body language to build rapport with others
- Learn how to read and interpret signals of others
- Learn how to apply body language to help control tension and conflict

Workshop Outline

Introduction

- Personal introductions
- Self perception of how other people see you

Personal body language awareness

- Initial diagnostic of personal body language
- Trainer and group feedback
- Understanding the importance of body language

Enhancing your body language vocabulary

- Developing a more confident posture
- Making more use of gesture
- Increasing use of facial expression and eye contact

Using body language to increase impact

- How to make an immediate positive impression
- How to communicate a confident and professional style
- How to use body language to engage with your listeners

Review of personal impact achieved

- Application of techniques developed
- Individual feedback on personal use of body language

Using body language to build rapport

- Aggressive and assertive body language
- Develop relationships through use of body language
- Control hidden messages through body language

Reading and reacting positively to signals

- Understanding & interpreting signal clusters
- How to react positively to negative body language
- How to control a situation via use of body language

Group review of best practice

- Review of key lessons learnt and how to apply
- Group discussion
- Individual feedback from trainer

Evaluation

- Personal action plans
- Course evaluations

Call us today on +44 (0)8456 444 150 to book your workshop

Public Workshops

Our public workshops are held in Central London

Central London

Dec-07 03	Feb-08 03	Apr-08 16	Jun-08 11	Sep-08 10	Nov-08 27
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Workshop Fee - £297 + VAT (£348.98 inc VAT) includes:-

- ✓ Dedicated support staff to answer all your queries
- ✓ One day highly interactive workshop
- ✓ Personal training from an expert coach
- ✓ Workshop manual full of practical tips & advice
- ✓ Ongoing adhoc support by email
- ✓ Refreshments and sandwich lunch on the day

Bookings

To make a booking for any of these public workshops please contact us via Email at public@skillstudio.co.uk or via telephone on +44 (0)8456 444 150 and we will be happy to check availability and forward you an application form.

In-Company Workshops

Our in-company workshops are held at your company location (anywhere in the UK). They can be a more cost effective alternative for 4 or more attendees. Our fees for the one day course for up to 6 people are from £1190 (exc VAT).

Workshops can also be adapted (for an additional fee) to meet your specific requirements.

To discuss your requirements in more detail or to make a workshop booking, please contact us via Email at inhouse@skillstudio.co.uk or via telephone on +44 (0)8456 444 150.

Client Feedback on Skillstudio Courses

It was an excellent day that was well thought out and dealt with an interesting subject with a positive outlook.

Charterhouse Recruitment

Fantastic day - variety of content.

Johnson & Johnson

Very good workshop - very useful.

London Borough of Lewisham

Delivered with great energy. Good interaction / empathy with audience and delegates.

PTC

I really enjoyed the day and got a lot of very good feedback - positive and developmental that I can take away and work on.

UKPA

Excellent. The course was made very flexible to meet the needs of the trainees. I was very pleased with the way that my personal needs were met.

Land Registry

Trainer set the tone for the day right from the beginning and really acted out what he was teaching. He was clear and full of energy. The day was very varied. Certainly will go away satisfied - much food for thought.

NHS

Client List

BT Group
Shell
BBC
CNN
Reed Elsevier
LloydsPharmacy
Reed Elsevier
P&O Group
Lloyds Bank
Nationwide
Tesco
Sony Music
Lifesearch
McKesson
Sheppard Robson
UK Passport Service
Royal Bank of Scotland
HBOS
RWE Nukem
Vodafone
Home Office
Cardiff County Council
Staffordshire County Council
Wandsworth Borough Council
HPA ... and many more

Skillstudio Training Services

Public Workshops in:-

Public Speaking & Presentation Skills (3 levels), Communication Skills, Vocal Impact, Body Language, Job Interview Technique

One-to-One Coaching and In-Company Training in:-

Presentation Skills	Public Speaking	Communication Skills	Questioning & Listening Skills	Interview Technique
Media Skills	Assertiveness	Chairperson Skills	Body Language Awareness	Facilitation Skills
Telephone Technique	Vocal Skills	Accent Softening	Elocution	