

*"I speak two languages, Body and English." - Mae West*

# Body Language, Reading People

A skill development program focused on building highly effective **body language for all communication.**



## Program Overview

Whether you're leading an organization, in a negotiation, presenting a proposal or just trying to convince someone to support your idea, your body language is communication as you speak. If your body language is aligned with your verbal message, then the likelihood of your success increases dramatically. If not, then there is a risk of miscommunication, errors and conflict.

Understanding body language is an essential skill that helps:

- Business leaders and managers,
- Negotiators and influencers,
- Parents,
- Speakers, Trainers, and facilitators, and more.

**For more information visit:**

**[www.gaski.com/perform](http://www.gaski.com/perform)**

or call: (905) 752-0366

Seating is limited - register early.

This workshop qualifies for  
**continuing education credits/hours or  
professional development units/hours.**

For more details visit [www.gaski.com](http://www.gaski.com)

## Main Topics

- Personal body language awareness,
- Body language vocabulary,
- Increase personal impact, engage the listener and build rapport through the use of body language,
- Aggressive and assertive body language,
- Confident and professional communication,
- Negative and hidden messages in body language,
- Reading signals and cluster from others,
- Control a situation through use of body language.

## Learning Outcomes

- Use the various body language components to support clear and effective communication,
- Use body language to increase your personal impact and that of your message,
- Increase your presence and command over the listener,
- Engage in body language that builds rapport with others,
- Read and interpret other people's signals,
- Apply body language to help control tension and conflict.