

## **Title: Exploring Body Language / Non Verbal Communication**

**Aims:** To develop the ability to 'read' body language.

**Objectives:** Examine differing body signs  
Explore types of body language  
Examine culture factors  
Explore gender factors

### **Target Audience:**

This course is aimed for those who wish to develop their ability to understand body language and the messages that it gives. This course enables people from any security related background to predict behaviour and highlight potential trouble makers / agitators or violent personalities. It also explores cultural and gender differences and examines how this affects body language.

### **Course Content**

- Proxemics
- Basic body language signals
- Gender factors
- Cultural factors
- Congruence
- Incongruent states
- Matching and mirroring
- Patterns of behaviour

### **Commentary**

This course covers the ability to understand messages that body language gives out. It explore cultural and gender differences as well as examining how to recognise the effect of space (proxemics) on body language.

Participant practise the ability to read body language as well as match their body language to others.

This course is useful for anyone who has to read or understand body language as part of their work.