

# GroomX Softskills Academystarts Behavioural Skills - Body Language Skills Training Program in India

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BANGALORE, KARNATAKA, INDIA, September 20, 2017 /EINPresswire.com/ -- Introduction

Understanding our body language is not as difficult as some people would have you believe. All human beings use it and so actually have a “built-in” ability to recognize and read it.

Unfortunately, as humans have become increasingly better at “verbal” communication their ability to consciously recognize body language has faded away.

Over 50% of your image – how others perceive you – comes directly from the way you use your body, facial expressions and gestures. And this is before you even open your mouth. As the saying goes, 'you don't get a second chance to make a first impression'.

Body language goes both ways :

Your own body language reveals your feelings and meanings to others.

Other people's body language reveals their feelings and meanings to you.

Course Outline

Greetings and Introductions

Handshake

Eye Contact

Body Moments

General Characteristics

Self-introductions & Positive Introduction

Handling introductions

Overcoming embarrassing situation

Exchanging business cards

Stance & Power

The “Smile” Factor

Standing, Sitting & Walking Gracefully / Professionally

Practical guides to using Body Language at the Workplace.

Voice Modulation

Importance & Learning of different: Poise, Gestures & Postures + Hand Gestures

Conclusion

The secret to “understanding” and demystifying body language is the ability to understand the next eight points :

Signals or Tells: The body language signals that we or other people use.

Intensity: How emphatic (strong) are the signals.

Corroboration and Contradiction: Are all the signals saying the same thing or are they mixed?

Clusters: Are we using or seeing many signals for the same thing as this will make the message stronger?

Progressions: Are the signals getting stronger or weaker?

Contexts: Is the signal being used in the right context?

Conditioning: (Culture): How do the signals relate to the cultural environment and are they instinctive or learned?

Objectiveness: (Seeking and Denial): Basically seeing things you want to or refusing to see things because you don't.

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