

100% Effective

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# Online Facilitation Body Language Training

Quality - Support - Innovation

Body language is a powerful form of communication that can often reveal much more than words. People who are receptive to this type of communication can really get the most out of meetings and conversations. They can read and adapt to the body language of others, influence and engage teams using their own body language, and ultimately facilitate more effective meetings.

On this course you will learn the many ways in which body language can help to create productive meetings, covering topics such as how to create

a comfortable and constructive meeting environment and how to identify group dynamics. The course provides high-quality training with all the flexibility of eLearning. It is optimised for all devices and accompanied by a British English voiceover.

You will have one month's access to work through the course material. On completion, you will receive a certificate and one CPD point. We also include lifetime email and phone support to encourage your continued success.

100% Effective's online Facilitation Body Language training has a high customer satisfaction rating, with an average score of 5 stars out of 5.



## At A Glance



Fully optimised



One month's access



Unlimited, lifetime support



One CPD point

# Benefits

Understanding the role of body language in communication will empower you in both your personal and professional life. You will benefit from deeper levels of communication, become more influential and be able to facilitate effective and engaging meetings.

Following course completion, you will:

- Understand the impact of body language
- Know how to create an effective meeting environment
- Have an increased level of communication
- Influence others through your own body language
- Be able to read thoughts and feelings from basic gestures

# Course Content

This course provides a solid foundation for reading body language in professional settings. You will learn the important role body language plays in communication and how you can use it to facilitate engaging meetings.

Facilitation Body Language training teaches you:

- The impact of body language
- Personal space and appropriate distance
- Identifying team hierarchies and dynamics
- How to create an effective meeting environment
- Key gestures of body language
- How to use body language to your benefit
- Creating solutions and closing negotiations

## Is it for me?

Although this course has been designed with facilitators and leaders in mind, it will also benefit those interested in increasing their communication skills, improving their

ability to relate to and understand others, and progressing their career.

There are no prerequisites for taking this training course.