



Body Language Basics Skills Fundamentals

Can you tell if someone is telling the truth just by looking at them? It is a skill that a lot of people do not have. Through Body Language Basics you will be given a set of tools to use to your advantage. These tools can be utilized in the office and at home. Understanding Body Language will provide you a great advantage in your daily communications.

Body Language Basics will provide you with a great set of skills to understand that what is not said is just as important as what is said. It will also give you the ability to see and understand how your own Body Language is being seen. You will be able to adjust and improve the way you communicate through non-verbal communications.

Workshop Objectives:

- Define body language.
- Understand the benefits and purpose of interpreting body language.
- Learn to interpret basic body language movements.
- Recognize common mistakes when interpreting body language.
- Understand your own body language and what you are communicating.
- Practice your body language skills.

For more information or to reserve your spot in this workshop, please contact:

Joseph (J.J.) Frazier
President

Mastering the Positive, LLC

Phone: (757) 962-7073

Mobile: (757) 952-8340

Visit: www.masteringthepositive.com

Email: jfraziers@cox.net



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